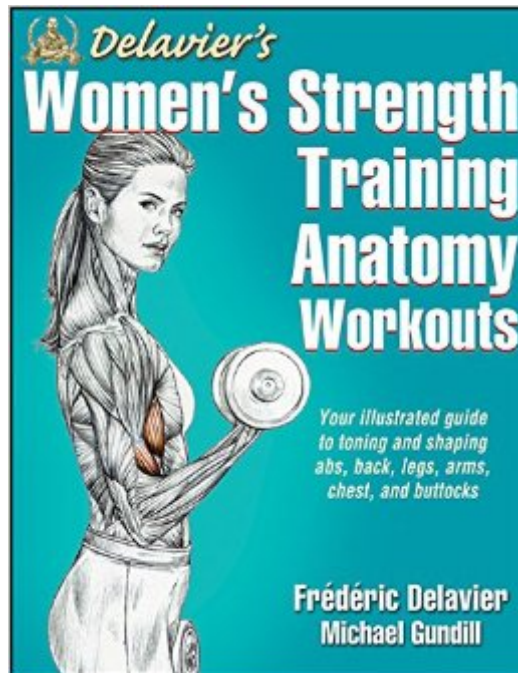


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# Delavier's Women's Strength Training Anatomy Workouts



## Synopsis

Delavier's Women's Strength Training Anatomy Workouts delivers the exercises, programming, and advice you need for the results you want. Based on the anatomical features unique to women, this new guide sets the standard for women's strength training. 290 full-color illustrations allow you to see inside 157 exercises and 49 programs for strengthening, sculpting, and developing your arms, chest, back, shoulders, abs, legs, and glutes. Step-by-step instructions work in tandem with the anatomical illustrations to ensure understanding of maximizing the efficiency of each exercise. You'll see how muscles interact with surrounding joints and skeletal structures and learn how variations of movements can isolate specific muscles and achieve targeted results. Delavier's Women's Strength Training Anatomy includes proven programming for reducing fat, adding lean muscle, and sculpting every body region. Whether you're beginning a program or enhancing an existing routine, working out at home or at the gym, it's all here and all in the stunning detail that only Frédéric Delavier can provide. The former editor in chief of PowerMag in France, author and illustrator Frédéric Delavier has written for Le Monde du Muscle, Men's Health Germany, and several other publications. His previous publications, including Strength Training Anatomy and Women's Strength Training Anatomy, have sold more than 2.5 million copies. v

## Book Information

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## Customer Reviews

You can always count on Delavier to give you the truth. All women, from young to old, need strength training. Delavier gives you the reasons and the needs for each age group. You can be sure you are not left out. But, the book goes much further. It helps you determine your specific needs. What do

you want from a fitness program. How often do you want to work out? All this and more is considered in helping you to develop a unique fitness plan just for you. Delavier introduces 49 programs for sculpting every region of the body. Featuring 157 exercises targeted to the back, shoulders, abs, buttocks, legs, arms, and chest, Delavier's Women's Strength Training Anatomy Workouts includes 140 photos and 290 remarkable anatomical illustrations.

Contents

Introduction

Part I Developing Your Own Training Program

Part II The Exercises

Part III The Programs

In Part 1, you are asked to be specific in outlining your own fitness goals. Some women want simply to be more healthy. Others want endurance. Some want muscle mass and strength. Most want a combination of results. But rest assured, you need special exercises for the different goals. There is no one size fits all like many trainers and books would have you believe. You are even advised as to the best time to workout. And no, it's not necessarily the morning. But again, it depends on YOU. "Training whenever your muscles are at their strongest is ideal. For most women, this peak performance occurs in the afternoon." But, the author concedes an afternoon workout won't fit in the schedule or desire of some women. "If you can train only in the morning, your body will get used to it and gradually reschedule its peak strength," he writes.

This is by far my favorite strength training book that I have read or that I own. One of the most popular reviews of this book lambasts it for being more or less sexist and condescending. You know, as a woman who does consider herself a feminist, I actually have to respectfully disagree with that assessment. Having read the passages in question, the authors do mention that they can point you to exercises to do if the appearance of wearing high heels without actually having to do it is your goal, or to exercises that would produce a more natural spine alignment. It seemed to me more about giving options based on opinions about aesthetics. For me, personally, I think feminism shouldn't have to exclude any idea about wanting to be attractive to prospective or current mates. I've been married nearly 13 years, and I'm going to be 40 in less than 2 months, and recently my hubby told me he thought I looked stunning. I'm not going to lie, I loved that, because it matters to me that my mate finds me attractive and at my age, I don't take those kind of compliments for granted anymore. And I believe strength training has a vital role in that. It also helps me to de-stress and maintain my health goals. And that, if anything, would be my one criticism of this book, but I think it applies to many of the fitness books on the market. I think more of the emphasis should be on health. Looking the best a person can brings confidence, but age will usually remove one by one the things our society values as attractive. But higher levels of physical fitness are great for maintaining health and well being. Also, other reviewers have noted that this book heavily

encourages gym equipment over free weights.

I am not a hard core feminist, so when even I cringe, a red flag goes up. I was expecting a book âdesigned for women- on training for a fit and healthy body. But this book assumes that my main goal is to have an âattractiveâ body (attractive/according to men standards by the way). It assumes that I most likely want a big butt like J-Lo and large breasts. (Euhâno.)Letâs quote:âWearing high heels will alter your posture, rendering your silhouette more attractive.â How is that for scientific? I am shattered. I donât wear high heels. This means that I am missing the chance every day to look more attractive. Strangely, not a word about the long term impact of high heels on the body. Never fear, with specific exercises, I can modify my posture so that I look like Iâm wearing heels even in flats. Wow, of all the motivations I ever had for strength training, this one had never crossed my mind!Then, going against undisputed research that says otherwise, the author still raises the possibility that spot training might be efficient after all. He therefore pays a lot of attention to which area of your body your desire to âsculptâ, for optimum looks. Still no word on fitness and health.I find the tone of the book unbearably condescending.Letâs quote again:âHowever, nature has not provided us with abdominal muscles to look pretty.â No, really?It mentions how some women will prefer to keep in thin layer of fat over their abs so that the definition is less apparent and doesnât look too masculine. Iâm truly touched by this level of concern for my looks. Iâve always been worried about my abs looking too masculine. It might turn men off.

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