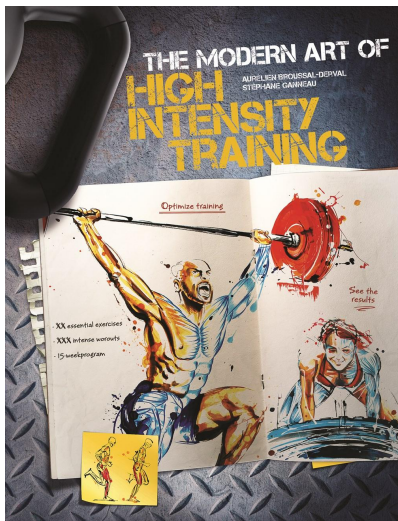


HUMAN KINETICS

Anatomy





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SPO006000

10 in H | 7 in W | 1.5 lb Wt

Status: **ACTIVE****Contributor Images****Modern Art of High Intensity Training, The**

Aurelien Broussal-Derval, Stephane Ganneau

Summary

A book on high intensity training should deliver an impact equal to the training itself. Lucky for you, this one does.

The Modern Art of High Intensity Training is sport and strength, movement and passion. It is a guide like no other. From the stunning artwork to the 127 workouts, it's designed to be a difference maker. Whether you use this resource as a supplement to an existing training program, or replace a program that has become tired and stale, you'll view and use this book time and time again.

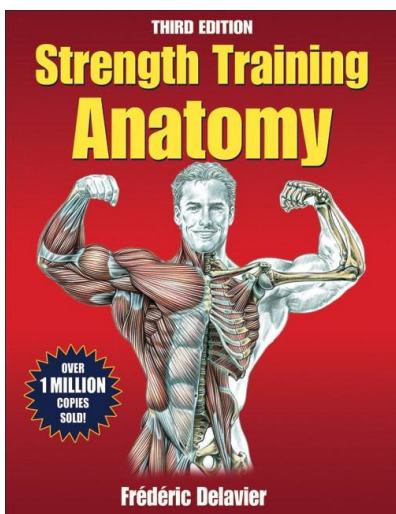
See high intensity training in an entirely new light. You'll find 40 exercises, each detailed and depicted with art, photos, and modifications; 127 workouts and circuits to mix things up; warm-up, safety, and injury prevention recommendations; and—if you're up to the challenge—an original 15-week program.

The Modern Art of High Intensity Training has everything you need and want in a workout program. Change, variety, inspiration, motivation, challenge, and results—it's rendered and written and delivered to you on every page. So now is the time. Make an impact.

Contributor Bio

Aurélien Broussal-Derval holds master's degrees in strength and conditioning, sport & rehabilitation, and performance engineering. He also has a degree in sport sciences from the National Institute of Sport and Physical Education (INSEP) in Paris, France. He is the author of French best-sellers *Modern Physique Training*, *Judo Physique Training*, *Proprioception*, and *Field Tests: Protocols for Measuring Sport Performance*. Broussal-Derval's career as a strength and conditioning coach is highlighted by his training of Olympic medalists, professional athletes, the French Olympic weightlifting team, the French boxing teams, and the British and Russian judo teams. He currently leads research for France Volleyball and is technical director to one of the world's premier martial arts studios, the prestigious Cercle Tissier in Vincennes. Broussal-Derval lives in Paris.

Stéphane Ganneau is a professional illustrator and graphic designer. After training in applied arts in Nantes, France, he launched...



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192 Pages
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 SPO006000

1.3 lb Wt
 Status: **ACTIVE**

Contributor Images



Strength Training Anatomy-3rd Edition (3rd Edition)

Frédéric Delavier

Summary

Over 1 million copies sold! With new exercises, additional stretches, and more of Frédéric Delavier's signature illustrations, you'll gain a whole new understanding of how muscles perform during strength exercises. This one-of-a-kind best-seller combines the visual detail of top anatomy texts with the best of strength training advice.

Many books explain what muscles are used during exercise, but no other resource brings the anatomy to life like *Strength Training Anatomy*. Over 600 full-color illustrations reveal the primary muscles worked along with all the relevant surrounding structures, including bones, ligaments, tendons, and connective tissue.

Like having an X-ray for each exercise, the anatomical depictions show both superficial and deep layers and detail how various setup positions affect muscle recruitment and emphasize underlying structures. New pages show common strength training injuries in a fascinating light and offer precautions to help you exercise safely.

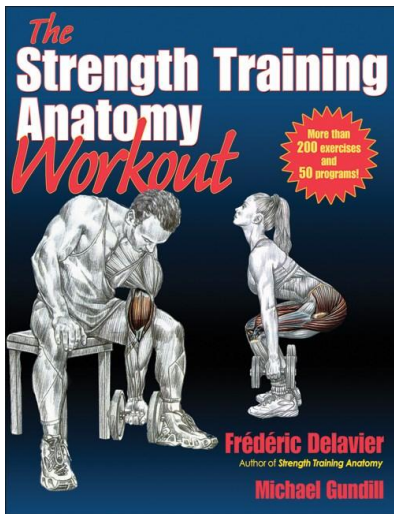
Author and illustrator Frédéric Delavier is the former editor in chief of the French publication *PowerMag*. He is a journalist for *Le Monde du Muscle* and a contributor to *Men's Health Germany* and several other strength training publications.

Contributor Bio

Frédéric Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious École des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine.

The former editor in chief of the French magazine *PowerMag*, Delavier is currently a journalist for the French magazine *Le Monde du Muscle* and a contributor to several other muscle publications, including *Men's Health Germany*.

Delavier won the French powerlifting title in 1988 and makes annual presentations on the sport applications of biomechanics at conferences in Switzerland. His teaching efforts have earned him the Grand Prix de Techniques et de Pédagogie Sportive. Delavier lives in Paris, France.



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& Weight Training

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10 in H | 7 in W | 2.2 lb Wt

Status: **ACTIVE**

Contributor Images



Strength Training Anatomy Workout, The

Frederic Delavier, Michael Gundill

Summary

Over one million readers have turned to *Strength Training Anatomy* for strength training's most effective exercises. Now put those exercises to work for you with *The Strength Training Anatomy Workout*.

The Strength Training Anatomy Workout is your guide to creating the body and the results you want. Strengthen arms and legs; increase muscle mass; sculpt chest, back, and core; firm glutes; increase hip flexibility . . . it's all here, and all in the stunning detail that only Frédéric Delavier can provide!

Over 150 full-color illustrations allow you to get inside more than 200 exercises and 50 workouts to see how muscles interact with surrounding joints and skeletal structures. You'll also discover how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results.

The *Strength Training Anatomy Workout* includes proven programming for strength, power, bodybuilding, and toning that can be used in a gym or at home. You'll find targeted conditioning routines for optimal performance in more than 30 sports, including basketball, football, soccer, track and field, and golf.

Former editor in chief of *PowerMag* in France, author and illustrator Frédéric Delavier is a journalist for *Le Monde du Muscle* and a contributor to *Men's Health Germany* and several other strength publications. His previous publication, *Strength Training Anatomy*, has sold more than one million copies.

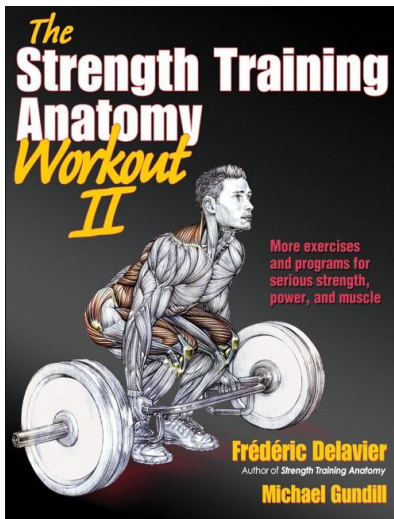
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Michael Gundill, MBA, has written 13 books on strength training, sport nutrition, and health. His books have been translated into multiple ...



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352 Pages
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 SPO006000

2.7 lb Wt
 Status: **ACTIVE**

Contributor Images



Strength Training Anatomy Workout II, The

Frédéric Delavier, Michael Gundill

Summary

The anatomy of strength, size, and definition!

Over 1 million readers have turned to *Strength Training Anatomy* for the most effective exercises in strength training. Now put those exercises to work for you with *The Strength Training Anatomy Workout, Volume II*.

Over 500 full-color photos and 485 full-color illustrations allow you to go inside 60 exercises, 19 stretches, and 9 programmed workouts to see how muscles interact with surrounding joints and skeletal structures and how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results.

The Strength Training Anatomy Workout, Volume II, is your guide to serious muscle development. Inside you'll learn the best exercises for building up and strengthening each muscle; how to determine weights, repetitions, and frequency; and strategies for accelerating recovery.

The Strength Training Anatomy Workout, Volume II, includes proven programming for adding lean muscle mass, improving strength, and increasing power. Targeted workouts allow you to focus on specific muscle groups such as chest, biceps, triceps, quads, and core. It's all here and in all the stunning detail that only Frédéric Delavier can provide!

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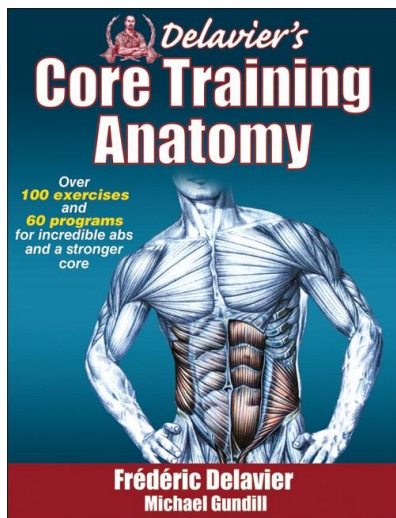
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 10 in H | 7 in W | 1.3 lb Wt
 Status: **ACTIVE**

Contributor Images



Delavier's Core Training Anatomy

Frederic Delavier, Michael Gundill

Summary

Delavier's Core Training Anatomy is your guide for increasing core strength, stability, flexibility, and tone.

Whether you're just beginning your routine or looking to enhance an existing conditioning program, *Delavier's Core Training Anatomy* presents the most effective exercises and workouts for the results you want. It's all here, and all in the stunning detail that only Frédéric Delavier can provide.

With 460 full-color photos and illustrations, you'll go inside over 100 exercises and 60 programs to see how muscles interact with surrounding joints and skeletal structures. You'll learn how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results.

Delavier's Core Training Anatomy includes proven programming for sculpting your abs, reducing fat, improving cardiovascular health, and relieving low back discomfort. Targeted routines are presented for optimal training and performance in more than 20 sports, including running, cycling, basketball, soccer, and golf.

The former editor in chief of *PowerMag* in France, author and illustrator Frédéric Delavier is a journalist for *Le Monde du Muscle* and a contributor to *Men's Health Germany* and several other strength publications. His previous publications, *Strength Training Anatomy* and *Women's Strength Training Anatomy*, have sold more than 2 million copies.

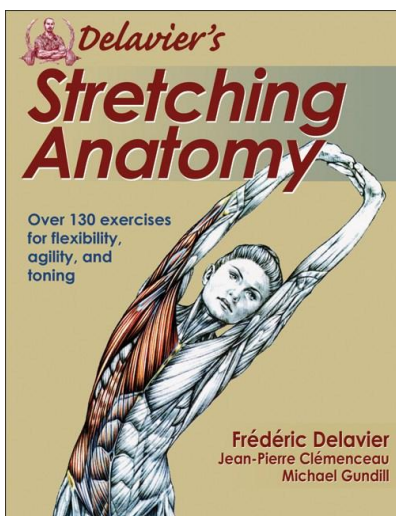
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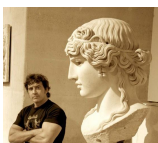


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144 Pages
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& Weight Training
SPO006000

10 in H | 7 in W | 1.3 lb Wt
Status: **ACTIVE**

Contributor Images



Delavier's Stretching Anatomy

Frederic Delavier, Jean-Pierre Clémenceau, Michael...

Summary

Get an inside view of the muscles in action during every stretch you perform!

Delavier's Stretching Anatomy is your guide for increasing flexibility, improving range of motion, toning muscles, and relieving pain and discomfort. The very best stretches for shoulders, chest, arms, torso, back, hips, and legs are all here, and all in the stunning detail that only Frédéric Delavier can provide.

With over 550 full-color photos and illustrations, you'll go inside more than 130 exercises to see how muscles interact with surrounding joints and skeletal structures and learn how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results.

Delavier's Stretching Anatomy includes 13 proven programs for increasing muscle tone, releasing tension and stress, and optimizing training and performance in 13 sports, including running, cycling, basketball, soccer, golf, and track and field. The former editor in chief of *PowerMag* in France, author and illustrator Frédéric Delavier is a journalist for *Le Monde du Muscle* and a contributor to *Men's Health Germany* and several other strength publications. His previous publications, *Strength Training Anatomy* and *Women's Strength Training Anatomy*, have sold more than 2 million copies.

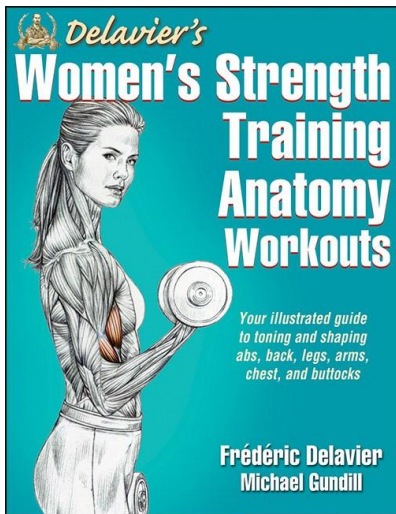
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Jean-Pierre Clémenceau is a fitness coach to the stars and has tr..



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360 Pages

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Status: **ACTIVE****Related Products****Also Available**

9781450434751 - \$21.95

9781450440219 - \$24.95

9781450419895 - \$24.95

Contributor Images

Delavier's Women's Strength Training Anatomy Workouts

Frederic Delavier, Michael Gundill

Summary

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.

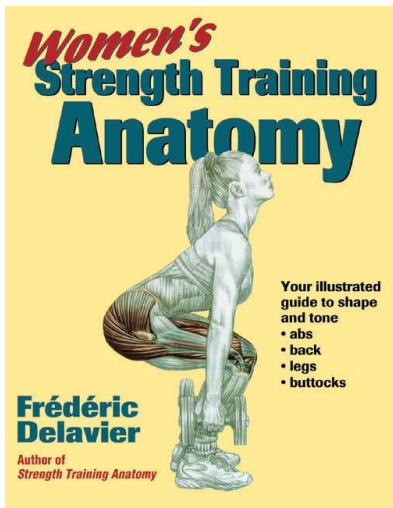
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The former editor in chief of the French magazine *PowerMag*, Delavier wrote for several fitness publications, including the French magazine *Le Monde du Muscle*, *Men's Health Germany*, and *Ironman*. He is the author of the best-selling *Strength Training Anatomy*, *Women's Strength Training Anatomy*, *The Strength Training Anatomy Workout*, *Delavier's Core Training Anatomy*, and *Delavier's Stretching Anatomy*.

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Status: **ACTIVE**

Contributor Images



Women's Strength Training Anatomy

Frederic Delavier

Summary

With information on strengthening and toning the legs, buttocks, abs, and back, *Women's Strength Training Anatomy* provides full-color, detailed anatomical illustrations of exercises for these hard-to-shape areas. What makes this book unique is that readers can see the muscles at work during each exercise, like an X ray of the body in motion.

Are there definite anatomical differences in the way men and women should build their bodies? According to the best-selling author and illustrator of *Strength Training Anatomy*, the answer is an overwhelming yes! Exercise variations based on a woman's unique anatomical features are also covered, helping to isolate muscles and make each exercise more effective.

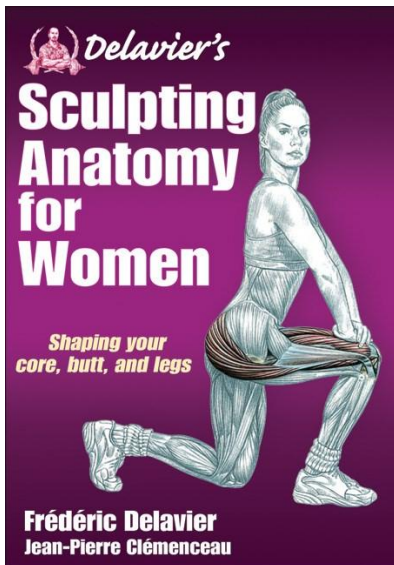
Make your workouts work harder for you! If you work out to strengthen and shape your body or if you help women get stronger and more defined, this is one book you need for understanding the female form and getting the most from your exercises.

Contributor Bio

The former editor in chief of the French magazine *PowerMag*, **Frédéric Delavier** is currently a journalist for the French magazine *Le Monde du Muscle* and a contributor to several other muscle publications, including *Men's Health Germany*.

Author and illustrator of the best-selling *Strength Training Anatomy*, Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious Ecole des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine.

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 Status: **ACTIVE**

Contributor Images



Delavier's Sculpting Anatomy for Women

Shaping your core, butt, and legs

Frédéric Delavier, Jean-Pierre Clémenceau

Summary

Get an inside view of muscles in action. Like having an X-ray as you work out, *Delavier's Sculpting Anatomy for Women* features full-color photos and detailed anatomical illustrations of exercises for slimming, shaping, and toning the core, butt, and legs.

Whether you're looking to eliminate love handles, tighten your glutes, or add definition to your legs, *Delavier's Sculpting Anatomy for Women* presents the exercises, programming, and advice for the results you want. It's all here and all in the stunning detail that only Frédéric Delavier can provide!

Step-by-step instructions work in tandem with the anatomical illustrations to ensure clear understanding of how to maximize the efficiency and effectiveness of each exercise. You'll see how muscles interact with surrounding joints and skeletal structures and learn how variations can make each exercise easier or more intense.

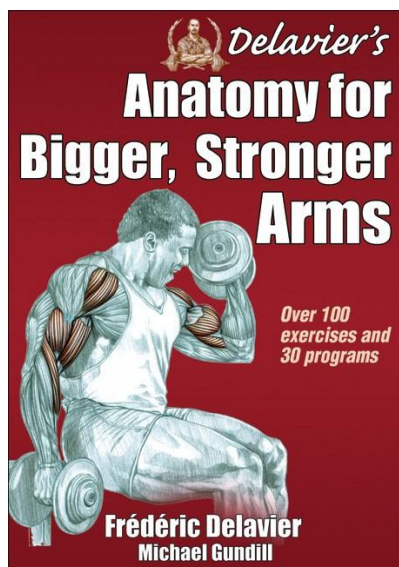
Delavier's Sculpting Anatomy for Women also includes nutrition recommendations; breathing techniques; and a customizable program for toning, strengthening, and sculpting your abs, glutes, and legs in just 90 days!

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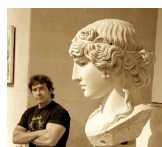


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176 Pages
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10 in H | 7 in W | 1.5 lb Wt
 Status: **ACTIVE**

Contributor Images



Delavier's Anatomy for Bigger, Stronger Arms

Frederic Delavier, Michael Gundill

Summary

Delavier's Anatomy for Bigger, Stronger Arms is your guide to the massive biceps, triceps, and forearms you've always wanted.

Over 330 full-color photos and 130 anatomical illustrations allow you to go inside more than 100 exercises to see how muscles interact with surrounding joints and skeletal structures and how variations, progressions, and sequencing can isolate specific muscles to help you achieve targeted results. It's like having an X-ray of each exercise!

Delavier's Anatomy for Bigger, Stronger Arms includes over 30 proven programs for strength, size, and sport performance. You'll also learn the most effective exercises for your goals; how to determine weight, repetition, and frequency; how to prevent tendinitis, muscle tears, and forearm and wrist pain; and strategies for varying your routine to ensure constant gains and optimal results.

Whether you're looking to quickly increase the size of your biceps or correct imbalances between the heads of your triceps, *Delavier's Anatomy for Bigger, Stronger Arms* provides serious training for serious results. It's all here and in all the stunning detail that only Frédéric Delavier can provide!

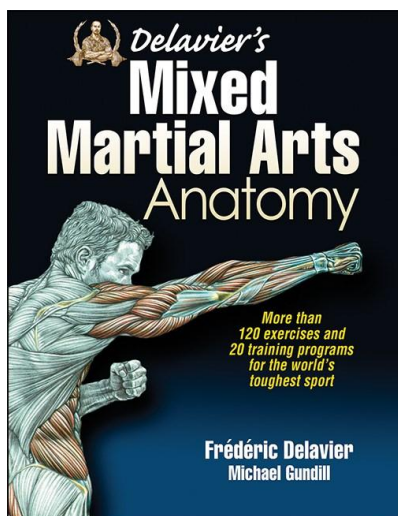
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10 in H | 7.8 in W | 1.3 lb Wt
 Status: **ACTIVE**

Contributor Images



Delavier's Mixed Martial Arts Anatomy

Frederic Delavier, Michael Gundill

Summary

From powerful blows to explosive kicks, *Delavier's Mixed Martial Arts Anatomy* takes you inside the action and impact of one of the world's most popular, grueling, and challenging sports.

Over 230 full-color photos and 120 anatomical illustrations allow you to go inside more than 120 exercises specifically selected for the neuromuscular demands of the sport. You'll see how muscles interact with surrounding joints and skeletal structures and how variations and sequencing can isolate specific muscles to enhance the full arsenal of combat skills.

Delavier's Mixed Martial Arts Anatomy features an anatomomorphological approach to allow you to choose the most effective exercises for your body type, physical conditioning, and fighting style. From boxing to ground fighting, you'll enhance your strengths and minimize your weaknesses with more than 20 proven programs.

Featuring the latest exercises for injury prevention and foam roller techniques for muscle regeneration, it's all here and all in the stunning detail that only Frédéric Delavier can provide.

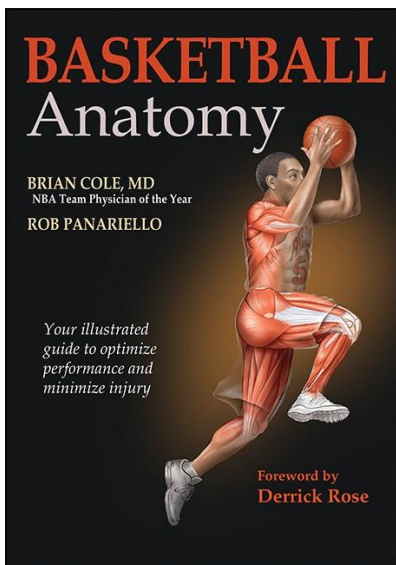
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Frédéric Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious École des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine.

The former editor in chief of the French magazine *PowerMag*, Delavier is currently a journalist for the French magazine *Le Monde du Muscle* and a contributor to several other muscle publications, including *Men's Health Germany*. He is the author of the best-selling *Strength Training Anatomy*, *Women's Strength Training Anatomy*, *The Strength Training Anatomy Workout*, *Delavier's Core Training Anatomy*, and *Delavier's Stretching Anatomy*.

Delavier won the French powerlifting title in 1988 and makes annual presentations on the sport applications of biomechanics at conferences in Switzerland. His teaching efforts have earned him the Grand Prix de Techniques et de Pédagogie Sportive. Delavier lives in Paris, France.

Michael Gundill has written 13 boo...



Basketball Anatomy

Brian Cole, Rob Panariello

Summary

See what it takes to maximize on-court power, strength, agility, and quickness. *Basketball Anatomy* will show you how to improve performance by increasing muscular strength and optimizing the efficiency of every movement.

Basketball Anatomy features 88 of the most effective basketball exercises, each with step-by-step descriptions and full-color anatomical illustrations to show the muscles in action.

Basketball Anatomy goes beyond the exercises by placing you on the court and into the throes of competition. Illustrations of the muscles involved in pivoting, rebounding, and shooting show you the exercises are fundamentally linked to basketball performance.

You'll also step off the court and into the training room to explore the anatomy of the most common injuries to the ankle, knee, and shoulder as well as exercises for minimizing and recovering from such setbacks.

Basketball Anatomy is a must-have for all who appreciate the artistry and athleticism of the game—whether player, coach, trainer, or spectator.

Contributor Bio

Brian J. Cole, MD, MBA, is a professor in the department of orthopedics with a conjoint appointment in the department of anatomy and cell biology at Rush University Medical Center in Chicago. In 2011 he was appointed as chairman of surgery at Rush Oak Park Hospital. He is the section head of the Cartilage Research and Restoration Center at Rush University Medical Center, a multidisciplinary program specializing in the treatment of arthritis in young active patients. He is also the head of the orthopedic master's program and trains residents and fellows in sports medicine and research. He lectures nationally and internationally. Through his basic science and clinical research he has developed several innovative techniques for the treatment of shoulder, elbow, and knee conditions.

Dr. Cole has been chosen as one of the Best Doctors in America each year since 2004 and as a Top Doctor in the Chicago metro area each year since 2003. In 2006 he was featured as Chicago's Top Doctor and picture...



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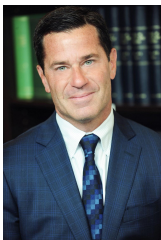
Sports & Recreation / Bodybuilding
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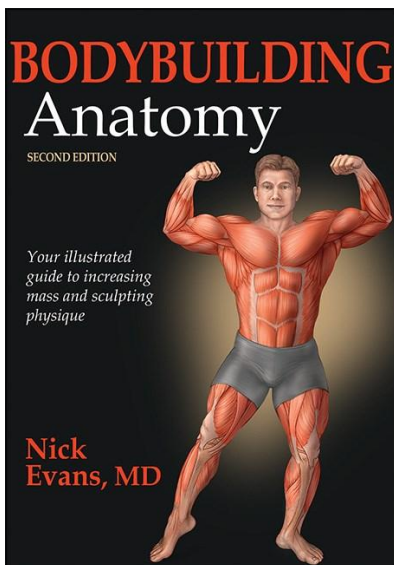
SPO006000

10 in H | 7 in W | 1.2 lb Wt

Status: **ACTIVE**

Contributor Images





Bodybuilding Anatomy-2nd Edition (2nd Edition)

Nicholas Evans

Summary

Sculpt your physique like you never thought possible! With full-color, detailed anatomical illustrations of all exercises, combined with step-by-step instructions on proper execution, *Bodybuilding Anatomy* is the ideal resource for gaining mass and achieving the definition you desire.

Focusing on the primary muscle groups of shoulders, chest, back, arms, legs, and abdomen and targeting muscle zones and hard-to-work areas, *Bodybuilding Anatomy* can make the difference between bulking up and sculpting an award-winning physique.

In this new edition of his best-selling book, Dr. Nick Evans provides 100 primary exercises, along with 104 variations, to ensure you achieve the results you need when, where, and how you want. You'll also go beyond the exercises to see the results in action. Illustrations of the activated muscles in the most popular poses show you how each exercise is fundamentally linked to competition.

Whether you're seeking to begin your training or have been competing for years, you've come to the right place. Discover what countless bodybuilders and dedicated strength trainers already know. *Bodybuilding Anatomy* is the ultimate training guide—one you can't afford to be without.

Contributor Bio

Nick Evans, BSc, MD, FRCS (Orth), is an orthopedic surgeon specializing in sport injury. He studied medicine at the University of London, England, and trained in orthopedic surgery at the University Hospital of Wales. Evans gained additional skills in arthroscopic surgery at the Southern California Center for Sports Medicine and the University of California at Los Angeles.

Evans is a highly regarded authority on strength training, nutrition, and weight training injuries. He is an expert on musculoskeletal anatomy and has written for numerous scientific publications. Evans is the author of the book *Men's Body Sculpting* and was a regular columnist for *MuscleMag International* and *Oxygen Women's Fitness* magazines. He is also featured in several instructional DVDs on weight training.

Evans practices and resides in North Yorkshire, England.



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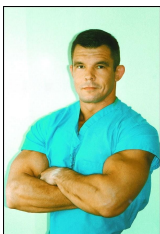
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BODYWEIGHT STRENGTH TRAINING Anatomy

Your illustrated guide
to strength, power,
and definition



BRET CONTRERAS



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Sports & Recreation / Bodybuilding

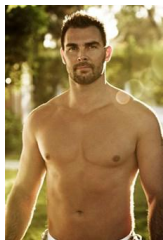
& Weight Training

SPO006000

10 in H | 7 in W | 1.3 lb Wt

Status: **ACTIVE**

Contributor Images



Bodyweight Strength Training Anatomy

Bret Contreras

Summary

Increase strength, build mass, burn fat, and define your muscles. With full-color anatomical illustrations, step-by-step instructions, and training advice, *Bodyweight Strength Training Anatomy* is the authoritative resource for sculpting your physique without free weights, machines, or expensive equipment.

Targeting all muscle zones and primary muscle regions—arms, chest, shoulders, back, core, thighs, glutes, and calves—*Bodyweight Strength Training Anatomy* presents 156 of the most effective bodyweight exercises that can be performed anytime, anywhere. With expert advice from renowned strength trainer Bret Contreras, you'll learn how to modify, combine, and sequence exercises to ramp up your routine and avoid plateaus.

In depth yet practical, *Bodyweight Strength Training Anatomy* takes you inside every exercise through stunning anatomical artwork that reveals primary muscles worked along with the relevant surrounding structures, including bones, ligaments, and tendons.

Whether you are just beginning your quest for a better body or simply seeking a proven approach for training at home, on the road, or on the go, *Bodyweight Strength Training Anatomy* is a one-of-a-kind resource that you'll refer to again and again.

Contributor Bio

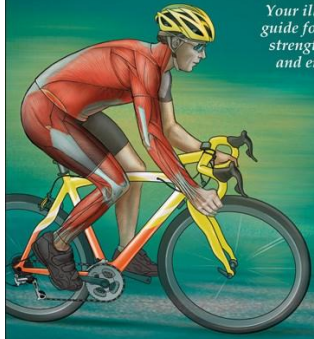
Bret Contreras, PhD, MS, CSCS, has become known in the strength and conditioning industry as the Glute Guy because of his expertise in helping clients develop strong, shapely glutes. In 2015 he earned his PhD in sport science from the Auckland University of Technology in New Zealand, where he studied under biomechanics expert John Cronin. Contreras has conducted numerous electromyography experiments in his research.

As the former owner of Lifts Studio in Scottsdale, Arizona, Contreras worked closely with hundreds of clients ranging from sedentary people to elite athletes, and he invented a glute-strengthening machine called the Hip Thruster. He currently trains figure competitors, writes programs for clients from all over the world, and consults for various professional sport teams. He is the author of the bestselling book *Bodyweight Strength Training Anatomy* (Human Kinetics, 2014) and coauthor of *Strong Curves* (Victory Belt, 2013).

Contreras is a distinguished lecturer in strength and c...

CYCLING Anatomy

Your illustrated
guide for cycling
strength, speed,
and endurance



SHANNON SOVNDAL, MD
Foreword by Christian Vande Velde



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Sports & Recreation / Bodybuilding
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10 in H | 7 in W | 0.4 in T | 1.1 lb
Wt

Status: **ACTIVE**

Contributor Images



Cycling Anatomy

Shannon Sovndal

Summary

See what it takes to maximize cycling power, speed, and endurance! *Cycling Anatomy* will show you how to improve your performance by increasing muscular strength and optimizing the efficiency of every movement.

Cycling Anatomy features 74 of the most effective cycling exercises, each with clear, step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action.

Cycling Anatomy goes beyond exercises by placing you on the bike and into the throes of competition. Illustrations of the active muscles involved in cornering, climbing, descending, and sprinting show you how the exercises are fundamentally linked to cycling performance. From steep inclines to slick terrains, *Cycling Anatomy* will ensure you're prepared for any challenge that comes your way.

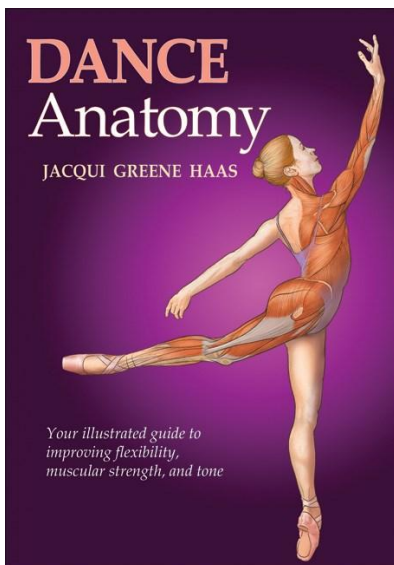
You'll also learn how to modify exercises to target specific areas, reduce muscle tension, and minimize common cycling injuries. You'll also learn ways to pull it all together to develop a training based on your individual needs and goals.

Whether you're training for an upcoming century ride or just want to top that killer hill with strength to spare, *Cycling Anatomy* will make sure you get the most out of every ride.

Contributor Bio

Shannon Sovndal, MD, is the owner and founder of Thrive Health and Fitness Medicine (Thrive HFM), an elite team of physicians, exercise physiologists, and athletes who provide clients with the highest level of personalized health care, life management, and fitness training. Most recently, he serves as a team physician for the Garmin-Slipstream professional cycling team. He also works as a board-certified emergency medicine physician at Boulder Community Hospital in Colorado and as a physician at the General Clinical Research Center at the University of Colorado. Before becoming a physician, Sovndal raced road bikes in the United States, winning the California/Nevada District Championship and many other road races and criteriums.

Sovndal is a coauthor of *Fitness Cycling* and has written numerous sports-related articles and lectured on exercise-related topics. He attended medical school at Columbia University in New York, completed his residency at Stanford University in California, and no...



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Status: **ACTIVE**

Contributor Images



Dance Anatomy

Jacqui Greene Haas

Summary

Powerful, expressive, and compelling! Now you can see what it takes to be a stronger, more elegant dancer. Featuring over 200 full-color illustrations, *Dance Anatomy* visually depicts the unique relationship between muscle development and aesthetic movement as never before.

Dance Anatomy features 82 of the most effective dance, movement, and performance exercises, each designed to promote perfect alignment, improved placement, proper breathing, and prevention of common injuries. In stunning detail, the accompanying illustration captures the dancer in motion and highlights the active muscles associated with each movement.

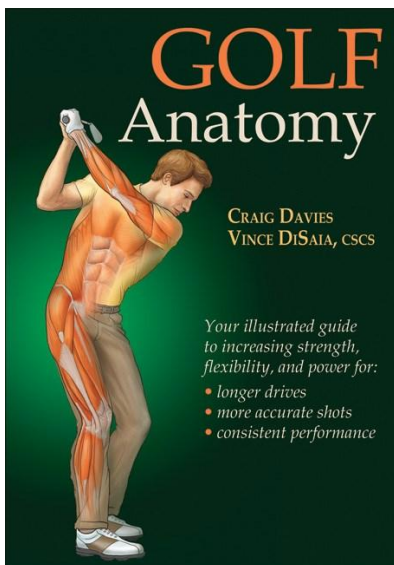
You'll learn how to modify exercises to target specific areas to enhance flexibility and reduce muscle tension. You'll also learn to put it all together to personalize a program based on your style of dance, level of expertise, and individual needs and goals.

Whether you seek to optimize performance, add a new movement to your repertoire, or minimize muscle fatigue, stress, and injury, *Dance Anatomy* is your perfect partner.

Contributor Bio

Jacqui Greene Haas has been the athletic trainer for the Cincinnati Ballet since 1989, is the director of dance medicine academic seminars (www.dancemedicine.net), and is the director of the dance medicine division of Wellington Orthopedics in Cincinnati, Ohio, where she treats dancers in physical therapy, postsurgical rehabilitation, and general conditioning.

A former professional ballet dancer with Boston Ballet, Southern Ballet Theatre, Tampa Ballet, New Orleans Ballet, and Cincinnati Ballet, Jacqui holds a BA in dance from the University of South Florida and an athletic training certificate from the University of Cincinnati. She also has a certificate in Pilates instruction from St. Francis Memorial Hospital dance division in San Francisco and a certificate in Pilates rehabilitation from Polestar Education in Miami, Florida. She has developed injury-prevention programs for numerous dance studios as well as the McGing Irish Dancers, the School for Creative and Performing Arts, and ...



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Sports & Recreation /

Bodybuilding & Weight Training

SPO006000

10 in H | 7 in W | 1.1 lb Wt

Status: **ACTIVE**

Golf Anatomy

Craig Davies, Vince DiSaia

Summary

See your golf game as you never have before. See what it takes to improve consistency and performance on the links. *Golf Anatomy* will show you how to lower your score by increasing strength, power, and range of motion for longer drives and more accurate shots.

Golf Anatomy includes 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action.

Golf Anatomy goes beyond exercises by placing you at the tee, on the fairways, and on the greens. You'll see how to improve mobility, stability, body awareness, and muscle strength to add distance to drives, consistency to your short game, and accuracy to your putts.

From sand traps to awkward lies, *Golf Anatomy* will prepare you for even the most challenging of shots. Plus, you'll learn how to stay at the top of your game with targeted injury-prevention exercises for the lower back, elbows, wrists, shoulders, and hips.

Combining expert instruction with beautiful, full-color illustrations, *Golf Anatomy* is truly an inside look into the game. Whether you're a scratch golfer or simply a fan of the game, this book is a hole-in-one.

Contributor Bio

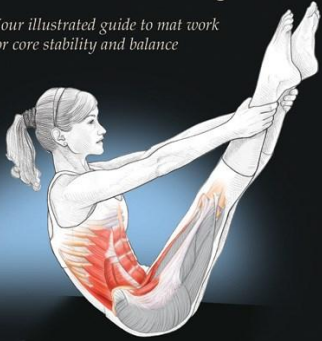
Dr. Craig Davies is the director of nutrition and fitness for the Core Golf Academy at Orange County National in Orlando, Florida. He consults with the Canadian Junior National Golf Program, Netherlands National Golf Federation, Turkish National Golf Federation, and Trinidad and Tobago National Golf Association. He has worked with more than 50 professional golfers from the PGA, Nationwide, European, Canadian, LPGA, and Futures Tours.

Dr. Davies developed the golf exercise specialist and golf performance therapist certifications through Golf Performance Therapy, a company he cofounded, which is dedicated to providing complete physical analysis, cutting-edge performance therapy, fitness program design, and nutrition consulting for golfers. He was the keynote speaker at the inaugural Canadian National Golf Performance Summit in 2007 and is a Nike golf fitness mentor. Dr. Davies was born in Niagara Falls, Ontario, Canada, and now resides in Orlando, Florida.

Dr. Vince DiSaia is a strength ...

PILATES Anatomy

Your illustrated guide to mat work
for core stability and balance



RAEL ISACOWITZ • KAREN CLIPPINGER



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Sports & Recreation / Bodybuilding
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Status: **ACTIVE**

Contributor Images



Pilates Anatomy

Rael Isacowitz, Karen Clippinger

Summary

This is Pilates as you've never seen it before.

With detailed descriptions, step-by-step instruction, and stunning full-color anatomical illustrations, *Pilates Anatomy* takes you inside the exercises and programs that will tone the body, stabilize the core, improve balance, and increase flexibility. Using the original mat work of Joseph Pilates, you'll see how key muscles are used, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, posture, and movement are all fundamentally linked.

Choosing from over 45 exercises, you can target a particular body region and delve deeper to stretch, strengthen, and finely coordinate specific muscles. You'll also find techniques for breathing, concentration, and self-awareness for a unique exercise experience that enhances your mind and your body.

Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, *Pilates Anatomy* is a one-of-a-kind resource that you'll refer to again and again.

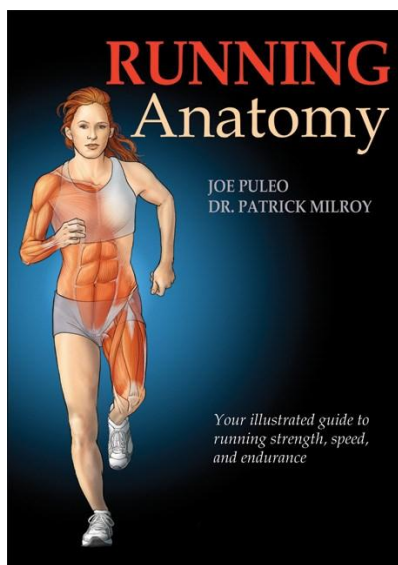
Contributor Bio

Rael Isacowitz is a world-renowned practitioner and teacher of Pilates. He has over 30 years of Pilates achievement and is a prominent lecturer and teacher at symposiums, universities, and studios around the globe.

Rael earned his bachelor of education degree from the Wingate Institute, Israel, and holds a master of arts degree in dance from the University of Surrey, England. During his career he has worked with numerous Olympians and many professional athletes and dancers.

Rael's early Pilates teachers included Alan Herdman and thereafter several of the first-generation Pilates teachers (known as the Elders). To Kathy Grant, Ron Fletcher, Romana Kryzanowska, Eve Gentry, and Lolita San Miguel, Rael owes the inspiration and friendship that have guided his career.

Rael has mastered all levels of the Pilates repertoire and is noted for his unique athleticism and passion for teaching as well as his synthesis of body, mind, and spirit. In 1989, he founded Body Arts and Science International (B...



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 Status: **ACTIVE**

Running Anatomy

Joseph Puleo, Patrick Milroy

Summary

See what it takes to maximize running strength, speed, and endurance! *Running Anatomy* will show you how to improve your performance by increasing muscular strength, optimizing the efficiency of your running motion, and minimizing your risk for injury.

Running Anatomy features 50 of the most effective strength exercises for runners, each with clear, step-by-step descriptions and full-color anatomical illustrations highlighting the muscles in action. But you'll find much more than exercises—you'll also see their results.

Running Anatomy places you in the action, fundamentally linking each exercise to running performance. You'll see how to strengthen muscles, reduce injury, and improve gait efficiency for faster times and more fluid runs.

Running Anatomy will prepare you for any challenge that comes your way. You'll find exercises for varying terrains and speeds, from hill running to off-road running and from sprints to marathons. Plus you'll learn how to evaluate and rehabilitate the most common injuries that runners face, including lower-back pain, knee aches and strains, and torn muscles and tendons.

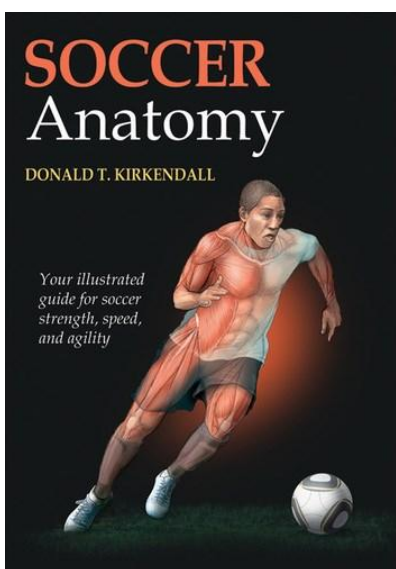
Whether you're a fitness runner looking to conquer hills with more speed or strength or a competitive runner looking for that extra bit of performance and a finishing kick, *Running Anatomy* will ensure that you're ready to deliver your personal best.

Contributor Bio

Joe Puleo is the head men's and women's cross-country and track and field coach at Rutgers University in Camden, New Jersey. He is also the head running for the U.S. Marine Corps Global Running Program. His responsibilities as lead instructor include coaching the United States Marine Corps global running program.

His previous 20 years of experience include coaching multiple high school state champions in track and field; NCAA Division III All-Americans in the 100-meter, the 800-meter (indoor and outdoor), and cross-country; male and female winners at the prestigious Penn Relays and NYRR Marathon Tune-Up races; the 2008 USAT amateur duathlete of the year; and an Olympic Trials qualifier in the marathon. Puleo has also coached three World Championship teams for the United States Armed Forces, two marathon teams, and a cross-country team.

Formerly a nationally ranked age-group triathlete, Puleo has competed in over 100 multisport events and over 300 cross-country, track, and road races sin...



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 Status: **ACTIVE**

Soccer Anatomy

Donald T. Kirkendall

Summary

Take an inside look at the world's most popular sport. *Soccer Anatomy* will show you how to elevate your game by increasing strength, speed, and agility for more accurate passes and powerful shots.

Soccer Anatomy includes 79 exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action.

Soccer Anatomy goes beyond exercises by placing you on the pitch and in the game. Illustrations of the active muscles involved in kicking, heading, tackling, and diving show you how each exercise is fundamentally linked to soccer performance.

From attacking to defending to goalkeeping, *Soccer Anatomy* will improve every aspect of your game. You'll learn how to modify exercises to target specific areas based on your style of play, personal needs, and goals. And you can prepare for competition by minimizing injuries using a system developed by FIFA's medical research program.

Combining authoritative advice, expert instruction, and stunning four-color illustrations, *Soccer Anatomy* is truly an inside look at this one-of-a-kind sport. Whether you're a player, coach, or fan, if you're serious about soccer, this is one book you need to own.

Contributor Bio

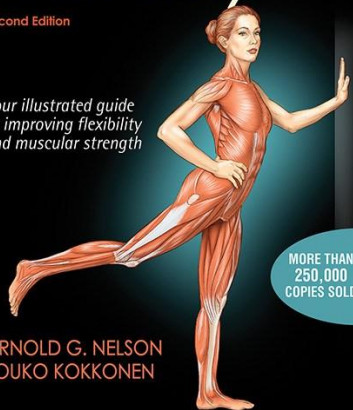
Donald T. Kirkendall is uniquely positioned to author *Soccer Anatomy*. He earned a PhD in exercise physiology from The Ohio State University and went on to teach human anatomy, physiology, and exercise physiology as a faculty member at the University of Wisconsin at Lacrosse and Illinois State University. In 1995 he was recruited to join the sports medicine program at Duke University Medical Center and then at the University of North Carolina at Chapel Hill. His research interests focus on sports medicine and physical performance with an emphasis on team sports—especially soccer. Since 1997 he has written a sport science column for the monthly magazine *Southern Soccer Scene*.

Dr. Kirkendall began competing in soccer during middle school and continued to play during high school and junior college and at Ohio University, where he competed in the NCAA tournament. He continues to play today in adult recreational leagues. He has coached soccer at various levels from U10 youth leagues to assist...

STRETCHING Anatomy

Second Edition

Your illustrated guide
to improving flexibility
and muscular strength



ARNOLD G. NELSON
JOUKO KOKKONEN



9781450438155

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10 in H | 7 in W | 1.3 lb Wt

Status: **ACTIVE**

Stretching Anatomy-2nd Edition (2nd Edition)

Arnold Nelson, Jouko Kokkonen

Summary

See inside every stretch as you increase flexibility and improve muscular strength. Expanded, enhanced, and updated, the best-selling *Stretching Anatomy* returns to show you how to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement. You'll also gain a detailed understanding of how each stretch affects your body.

Stretching Anatomy, Second Edition, is like having an X-ray of each stretch, only better. Not only do you see full-color illustrations of the muscles in action, but you also see how a change in position can alter the muscle emphasis and difficulty and how variations can improve safety and effectiveness. A new Stretch Focus section details the procedure and benefits of every exercise as well as safety considerations and variations according to skill level.

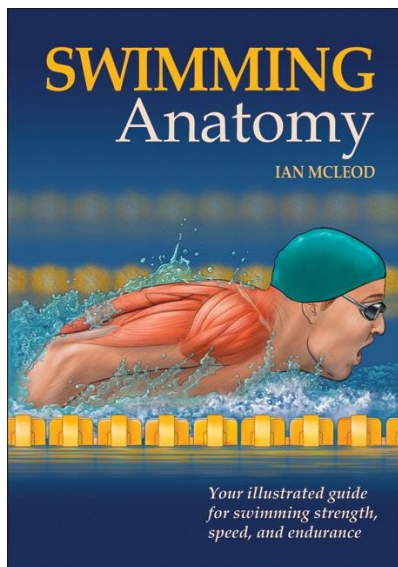
Each exercise describes how to stretch, when to stretch, primary and secondary muscle emphasis, and which muscles are activated for support. Stretching programs provide three levels of difficulty, including light stretching that can be used to aid in recovery from soreness and injury. A new chapter on dynamic stretches covers the most effective exercises for athletic warm-ups, while another chapter shows you how to customize a program based on your individual needs, including a program of passive static stretches proven to help lower blood glucose.

Whether you seek increased flexibility, better athletic performance, or reduced muscle soreness and tension, *Stretching Anato...*

Contributor Bio

Arnold G. Nelson, PhD, is a professor in the School of Kinesiology at Louisiana State University. A leading researcher on flexibility, he is considered one of the top authorities on the effect of stretching on muscle performance. Nelson is a fellow of the American College of Sports Medicine and earned his PhD in muscle physiology from the University of Texas at Austin. He resides in Baton Rouge, Louisiana.

Jouko Kokkonen, PhD, is a professor in exercise science at Brigham Young University in Hawaii. For more than two decades he has taught anatomy, kinesiology, exercise physiology, and athletic conditioning, and for more than three decades he has coached track and field. Kokkonen's research has focused on the acute and chronic effects of stretching. He earned his PhD in exercise physiology from Brigham Young University and now resides in Laie, Hawaii, with his wife, Ruthanne.



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Bodybuilding & Weight Training

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10 in H | 7 in W | 1.1 lb Wt

Status: **ACTIVE**

Swimming Anatomy

Ian McLeod

Summary

See how to achieve stronger starts, more explosive turns, and faster times! *Swimming Anatomy* will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke.

Swimming Anatomy includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action.

Swimming Anatomy goes beyond exercises by placing you on the starting block, in the water, and into the throes of competition. Illustrations of the active muscles for starts, turns, and the four competitive strokes (freestyle, breaststroke, butterfly, and backstroke) show you how each exercise is fundamentally linked to swimming performance.

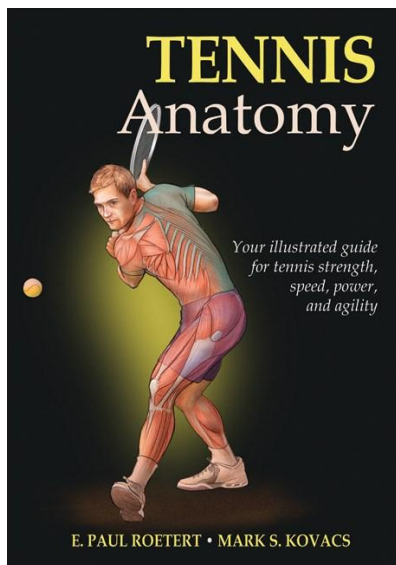
You'll also learn how exercises can be modified to target specific areas, improve your form in the water, and minimize common swimming injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals.

Whether you are training for a 50-meter freestyle race or the open-water stage of a triathlon, *Swimming Anatomy* will ensure you enter the water prepared to achieve every performance goal.

Contributor Bio

USA Swimming, the largest swimming organization in the world, specifically recommended **Ian McLeod** as the author of *Swimming Anatomy*. McLeod has extensive experience working with world-class athletes, particularly swimmers. A certified athletic trainer and certified massage therapist, he was a member of the U.S. team's medical staff at the 2008 Summer Olympic Games in Beijing. He has also worked extensively as an athletic trainer with the sports programs at the University of Virginia and Arizona State University.

McLeod remains deeply involved with USA Swimming's High Performance Network, a group of volunteer health professionals who support U.S. swimmers at national and international meets. He has been given the organization's highest honor, the Gold Standard Award. McLeod also served as massage therapist to the Egyptian national swim team during the 2004 Olympic Games in Athens. He has provided athletic training and sport massage to swimming stars such as Ed Moses, Kaitlin Sandeno, Nat...



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Sports & Recreation /

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SPO006000

10 in H | 7 in W | 1.2 lb Wt

Status: **ACTIVE**

Tennis Anatomy

Paul Roetert, Mark S. Kovacs

Summary

See your tennis game as you never have before. See what it takes to improve consistency and performance on the court. *Tennis Anatomy* will show you how to ace the competition by increasing strength, speed, and agility for more powerful serves and more accurate shots.

Tennis Anatomy includes more than 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action.

Tennis Anatomy goes beyond exercises by placing you on the baseline, at the net, and on the service line. Illustrations of the active muscles for forehands, backhands, volleys, and serves show you how each exercise is fundamentally linked to tennis performance.

You'll also learn how exercises can be modified to target specific areas, improve your skills, and minimize common tennis injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals.

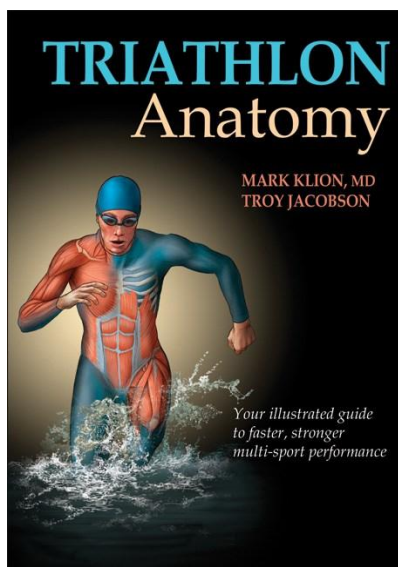
Whether you're a serve and volleyer, baseliner, or all-court player, *Tennis Anatomy* will ensure that you step onto the court ready to dominate any opponent.

Contributor Bio

E. Paul Roetert, PhD, is the Chief Executive Officer of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), where he is responsible for promoting leadership, research, education, and best practices in the professions that support creative, healthy, and active lifestyles.

Prior to this position, Roetert was the Managing Director of the United State Tennis Association's (USTA's) Player Development Program and Tournament Director of the U.S. Open Junior Tennis Championships from 2002 to 2009. He has also served as the Executive Director of the American Sport Education Program (ASEP) and as the Administrator of Sport Science for the USTA, where he developed the sport science program.

Roetert has published extensively in the field of tennis, including several books, more than 20 book chapters, and over 100 articles. He is a Fellow in the American College of Sports Medicine, a Master Professional with the United States Professional Tennis Association (USPTA), ...



9781450421386
 Pub Date: 12/4/12
 \$23.95/\$32.95 Can./£14.99
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 Trade Paperback

208 Pages
 Sports & Recreation / Bodybuilding
 & Weight Training
 SPO006000

10 in H | 7 in W | 1.2 lb Wt
 Status: **ACTIVE**

Contributor Images



Triathlon Anatomy

Mark Klion, Troy Jacobson

Summary

See what it takes to maximize multisport strength, power, speed, and endurance. *Triathlon Anatomy* will show you how to improve your performance by increasing muscular strength and optimizing the efficiency of every movement.

Triathlon Anatomy features 82 of the most effective multisport exercises with step-by-step descriptions and full-color anatomical illustrations highlighting the muscles in action. But you'll see much more than the exercises—you'll also see their results.

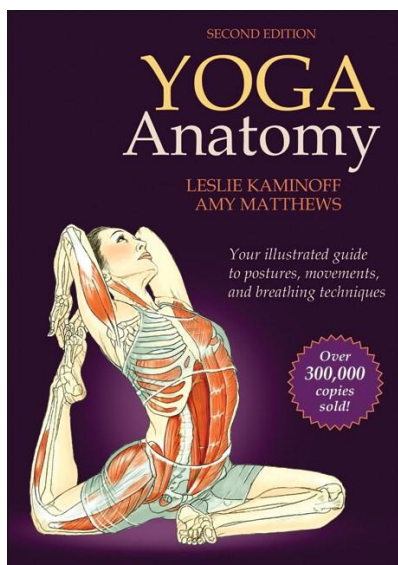
Triathlon Anatomy places you at the starting line and into the throes of competition by fundamentally linking each exercise to multisport performance. You'll see how to strengthen muscles and increase stamina for running across various terrains, cycling steep inclines, and swimming in open water.

You'll learn how to modify exercises to target specific areas, reduce muscle tension, and minimize common injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals.

Whether you're training for your first triathlon or preparing for your sixth Ironman, *Triathlon Anatomy* will ensure you're ready to deliver your personal best.

Contributor Bio

Mark Klion, MD, is a board-certified orthopedic surgeon and sports medicine specialist. After receiving a bachelor's degree from St. Lawrence University in upstate New York, he earned his medical degree from the Mount Sinai School of Medicine in New York City. He completed his residency in orthopedic surgery at Mount Sinai Hospital. He then completed a sports medicine fellowship at the University of Chicago. During his fellowship he specialized in arthroscopic surgery and reconstructive knee and shoulder surgery. He is a clinical instructor at the Mount Sinai School of Medicine and a member of their shoulder and sports medicine service. He serves as an educator for the medical school and the department of orthopedic surgery. He is also the director of orthopedics at St. Barnabas Hospital in New York. He performs the newest techniques for cartilage repair, regeneration, and meniscal transplantation. Dr. Klion has extensive experience with arthroscopic rotator cuff repairs and shoulder s...



9781450400244
 Pub Date: 10/28/11
 \$19.95/\$27.95 Can./£13.99
 UK/€16.80 EU
 Discount Code: 01
 Trade Paperback

288 Pages
 Sports & Recreation / Bodybuilding
 & Weight Training
 SPO006000

10 in H | 7 in W | 1.6 lb Wt
 Status: **ACTIVE**

Contributor Images



Yoga Anatomy-2nd Edition (2nd Edition)

Leslie Kaminoff, Amy Matthews

Summary

The best-selling anatomy guide for yoga is now updated, expanded, and better than ever!

With more asanas, vinyasas, full-color anatomical illustrations, and in-depth information, the second edition of *Yoga Anatomy* provides you with a deeper understanding of the structures and principles underlying each movement and of yoga itself.

From breathing to inversions to standing poses, see how specific muscles respond to the movements of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked.

Whether you are just beginning your journey or have been practicing yoga for years, *Yoga Anatomy* will be an invaluable resource—one that allows you to see each movement in an entirely new light.

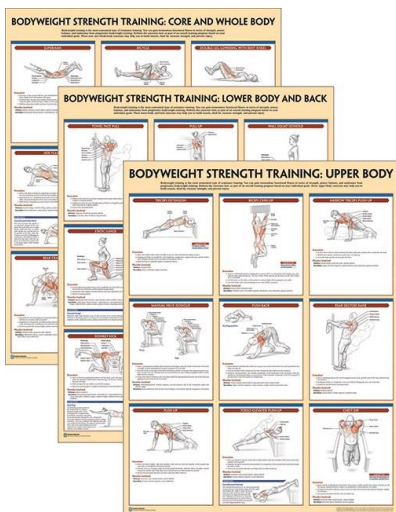
With *Yoga Anatomy, Second Edition*, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

Contributor Bio

Leslie Kaminoff is a yoga educator inspired by the tradition of T.K.V. Desikachar, one of the world's foremost authorities on the therapeutic uses of yoga. Leslie is the founder of The Breathing Project, a New York City educational nonprofit organization dedicated to the teaching of individualized breath-centered yoga.

An internationally recognized specialist with over 32 years' experience in the fields of yoga and breath anatomy, Kaminoff has led workshops for many of the leading yoga associations, schools, and training programs in the United States. He has also helped to organize international yoga conferences and has actively participated in the ongoing national debate regarding certification standards for yoga teachers and therapists.

Kaminoff has been a featured yoga expert in publications such as *Yoga Journal* and *The New York Times*, as well as online at WebMD, FoxNews Online, and Health.com. He is the founder of the highly respected international yoga blog eSutra, coauthor of the b...



9781492504672
 Pub Date: 7/2/14
 \$37.95/\$51.95 Can./£29.16
 UK/€34.17 EU
 Discount Code: 01
 Poster

Sports & Recreation /
 Bodybuilding & Weight Training
 SPO006000

1.2 lb Wt
 Status: **ACTIVE**

Bodyweight Strength Training Anatomy Poster Series

Human Kinetics

Summary

Featuring the same captivating four-color artwork seen in the similarly titled best-selling book, *Bodyweight Strength Training Anatomy Poster Series* consists of three posters that fully illustrate exercises for major muscle groups.

The *Upper Body* poster presents exercise instruction and illustrations for the following:

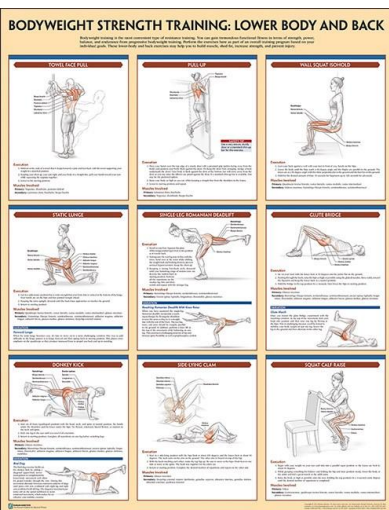
- Triceps extension
- Biceps chin-up
- Narrow triceps push-up
- Manual neck isohold
- Push-back
- Rear deltoid raise
- Push-up
- Torso-elevated push-up (with feet-elevated variation)
- Chest dip

The *Core and Whole Body* poster presents exercise instruction and illustration for the following:

- Superman
- Bicycle
- Double-leg lowering with bent knees (with lying straight-leg raise variation)
- Side plank (with feet-elevated variation)
- Burpee
- Push-up with hip extension
- Bear crawl
- Crocodile crawl
- Crab walk

The *Lower Body and Back* poster presents exercise instruction and illustrations for the following:

- Towel face pull
- Pull-up
- Wall squat isohold (with wall squat march variation)
- Static lunge (with forward lunge variation)
- Single-leg Romanian deadlift (with reaching variation)



Bodyweight Strength Training Poster: Lower Body and Back

Human Kinetics

Summary

Featuring the captivating artwork from the best-selling book *Bodyweight Strength Training Anatomy*, *Bodyweight Strength Training: Lower Body and Back* presents nine of the most effective exercises in a full-color, oversized poster format.

Bodyweight Strength Training: Lower Body and Back features exercise instruction and illustrations for the following:

- Towel face pull
- Pull-up
- Wall squat isohold (with wall squat march variation)
- Static lunge (with forward lunge variation)
- Single-leg Romanian deadlift (with reaching variation)
- Glute bridge (with glute march variation)
- Donkey kick (with bird dog variation)
- Side-lying clam
- Squat calf raise

Providing an understanding of the primary and secondary muscles involved in each bodyweight exercise, the illustrations and step-by-step instructions clearly identify safe resistance training movements that can be performed anywhere.

Individual poster size: 24 by 31 inches (60 by 80 cm)

Posters can be purchased individually or as a series.

Contributor Bio

Human Kinetics is the premier publisher for resources related to sports and fitness and leads the world in providing information on physical activity. That information takes many forms: consumer books, DVDs, textbooks and their ancillaries, journals, online courses, software, and audiovisual products. The information touches the lives of millions of people worldwide, including athletes, coaches, college students and professors, personal trainers, rehabilitation specialists, physical educators, nutritionists, parents, and sedentary people who want to become active.



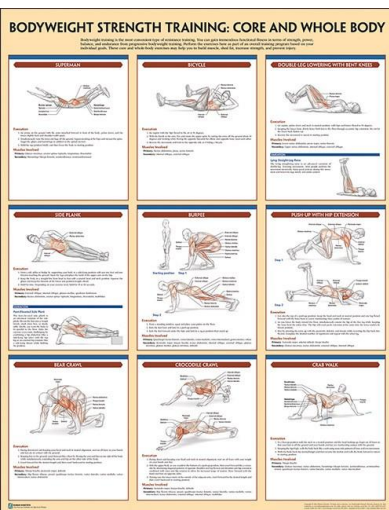
9781492504610
 Pub Date: 7/2/14
 \$14.95/\$20.95 Can./£11.66
 UK/€13.42 EU
 Discount Code: 01
 Poster

Sports & Recreation / Bodybuilding
 & Weight Training
 SPO006000

0.2 lb Wt
 Status: **ACTIVE**

Related Products

Also Available
 9781450429290 - \$21.95



9781492504627
 Pub Date: 7/2/14
 \$14.95/\$20.95 Can./£11.66
 UK/€13.42 EU
 Discount Code: 01
 Poster

Sports & Recreation / Bodybuilding
 & Weight Training
 SPO006000

0.2 lb Wt
 Status: **ACTIVE**

Related Products

Also Available
 9781450429290 - \$21.95

Bodyweight Strength Training Poster: Core and Whole Body

Human Kinetics

Summary

Featuring the captivating artwork from the best-selling book *Bodyweight Strength Training Anatomy*, *Bodyweight Strength Training: Core and Whole Body* presents nine of the most effective exercises in a full-color, oversized poster format.

Bodyweight Strength Training: Core and Whole Body features exercise instruction and illustrations for the following:

- Superman
- Bicycle
- Double-leg lowering with bent knees (with lying straight-leg raise variation)
- Side plank (with feet-elevated variation)
- Burpee
- Push-up with hip extension
- Bear crawl
- Crocodile crawl
- Crab walk

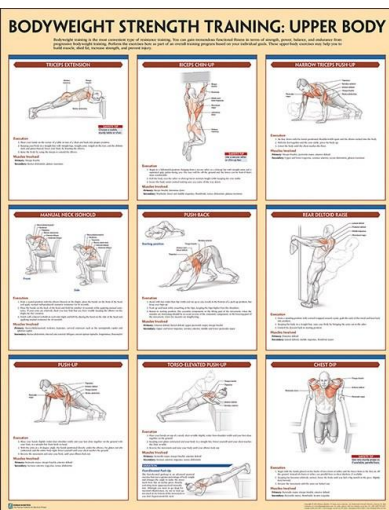
Providing an understanding of the primary and secondary muscles involved in each bodyweight exercise, the illustrations and step-by-step instructions clearly identify safe resistance training movements that can be performed anywhere.

Individual poster size: 24 by 31 inches (60 x 80 cm)

Posters can be purchased individually or as a series.

Contributor Bio

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Bodyweight Strength Training Poster: Upper Body

Human Kinetics

Summary

Featuring the captivating artwork from the best-selling book *Bodyweight Strength Training Anatomy*, *Bodyweight Strength Training: Upper Body* presents nine of the most effective exercises in a full-color, oversized poster format.

Bodyweight Strength Training: Upper Body features exercise instruction and illustrations for the following:

- Triceps extension
- Biceps chin-up
- Narrow triceps push-up
- Manual neck isohold
- Push-back
- Rear deltoid raise
- Push-up
- Torso-elevated push-up (with feet-elevated variation)
- Chest dip

Providing an understanding of the primary and secondary muscles involved in each bodyweight exercise, the illustrations and step-by-step instructions clearly identify safe resistance training movements that can be performed anywhere.

Individual poster size: 24 by 31 inches (60 by 80 cm)

Posters can be purchased individually or as a series.

Contributor Bio

Human Kinetics is the premier publisher for resources related to sports and fitness and is a worldwide leader in providing information related to physical activity. That information takes many forms: consumer books, DVDs, videos, textbooks and their ancillaries, journals, online courses, software, and audiovisual products. The information touches the lives of millions of people worldwide who are interested in some form of physical activity, including athletes, coaches, college students and professors, personal trainers, rehabilitation specialists, physical educators, nutritionists, parents, and sedentary people who want to become active.



9781492504603

Pub Date: 7/2/14

\$14.95/\$20.95 Can./£11.66

UK/€13.42 EU

Discount Code: 01

Poster

Sports & Recreation / Bodybuilding
& Weight Training
SPO006000

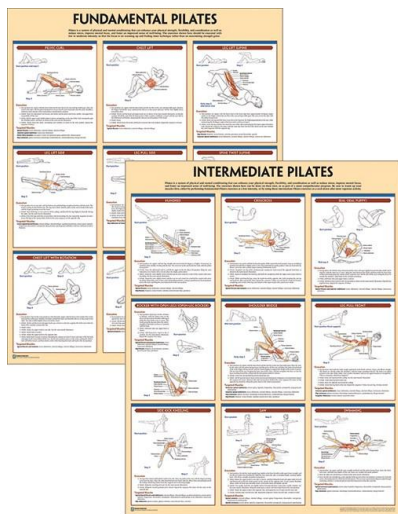
0.2 lb Wt

Status: **ACTIVE**

Related Products

Also Available

9781450429290 - \$21.95



9781492504696

Pub Date: 7/2/14

\$26.95/\$36.95 Can./£20.83

UK/€24.25 EU

Discount Code: 01

Poster

Health & Fitness / Exercise
HEA007000

1 lb Wt

Status: **ACTIVE****Related Products****Also Available**

9781450434164 - \$23.95

9780736083867 - \$19.95

Pilates Anatomy Poster Series

Human Kinetics

Summary

Featuring the same stunning four-color artwork found in *Pilates Anatomy*, the *Pilates Anatomy Poster Series* consists of two posters that will help you correct alignment, posture, and movements while building a stronger, more articulate body.

The *Fundamental* poster presents nine essential Pilates exercises:

- Pelvic curl
- Chest lift
- Leg lift supine
- Leg lift side
- Leg pull side
- Spine twist supine
- Chest lift with rotation
- Back extension prone
- One-leg circle

The *Intermediate* poster presents nine intermediate-level Pilates exercises:

- Hundred
- Crisscross
- Seal
- Rocker with open legs
- Shoulder bridge
- Leg pull front
- Side kick kneeling
- Saw
- Swimming

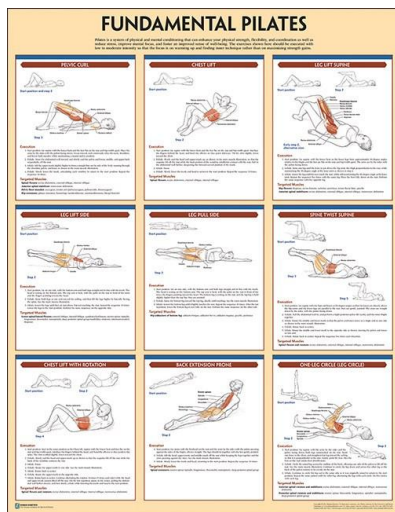
Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, the *Pilates Anatomy Poster Series* will be a one-of-a-kind resource that you'll refer to again and again.

Individual poster size: 24 by 31 inches (60 by 80 cm)

Posters can be purchased as a series or individually.

Contributor Bio

Human Kinetics is the premier publisher for resources related to sports and fitness and leads the world in providing information on physical activity. That information takes many forms: consumer books, DVDs, textbooks and their ancillaries, journals, online courses, software, and audiovisual products. The information touches the lives of millions of people worldwide, including



Fundamental Pilates Poster

Human Kinetics

Summary

Featuring the same stunning four-color artwork seen in the best-selling book *Pilates Anatomy*, the *Fundamental Pilates Poster* will help you correct alignment, posture, and movements while building a stronger, more articulate body.

The *Fundamental* poster presents nine essential Pilates exercises:

- Pelvic curl
- Chest lift
- Leg lift supine
- Leg lift side
- Leg pull side
- Spine twist supine
- Chest lift with rotation
- Back extension prone
- One-leg circle

Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, the *Fundamental Pilates Poster* will be a one-of-a-kind resource that you'll refer to again and again.

Individual poster size: 24 by 31 inches (60 by 80 cm)

Posters can be purchased individually or as a series.

Contributor Bio

Human Kinetics is the premier publisher for resources related to sports and fitness and leads the world in providing information on physical activity. That information takes many forms: consumer books, DVDs, textbooks and their ancillaries, journals, online courses, software, and audiovisual products. The information touches the lives of millions of people worldwide, including athletes, coaches, college students and professors, personal trainers, rehabilitation specialists, physical educators, nutritionists, parents, and sedentary people who want to become active.



9781492504641
 Pub Date: 7/2/14
 \$14.95/\$20.95 Can./£11.66
 UK/€13.42 EU
 Discount Code: 01
 Poster

Health & Fitness / Exercise
 HEA007000

0.2 lb Wt

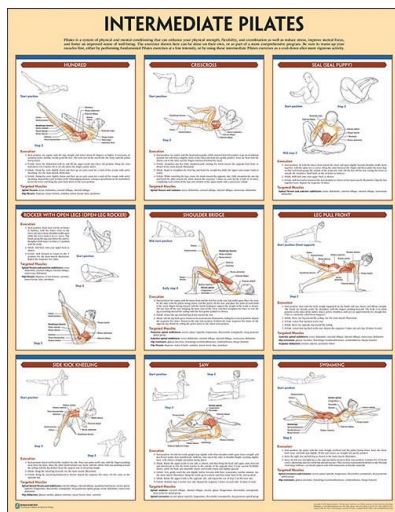
Status: **ACTIVE**

Related Products

Also Available

9781450434164 - \$23.95

9780736083867 - \$19.95



Intermediate Pilates Poster

Human Kinetics

Summary

Featuring the same stunning four-color artwork seen in the best-selling book *Pilates Anatomy*, the *Intermediate Pilates Poster* will help you correct alignment, posture, and movements while building a stronger, more articulate body.

The Intermediate poster presents nine intermediate-level Pilates exercises:

- Hundred
- Crisscross
- Seal
- Rocker with open legs
- Shoulder bridge
- Leg pull front
- Side kick kneeling
- Saw
- Swimming

Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, the *Intermediate Pilates Poster* will be a one-of-a-kind resource that you'll refer to again and again.

Individual poster size: 24 by 31 inches (60 by 80 cm)

Posters can be purchased individually or as a series.

Contributor Bio

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\$14.95/\$20.95 Can./£11.66

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Discount Code: 01

Poster

Health & Fitness / Exercise

HEA007000

0.2 lb Wt

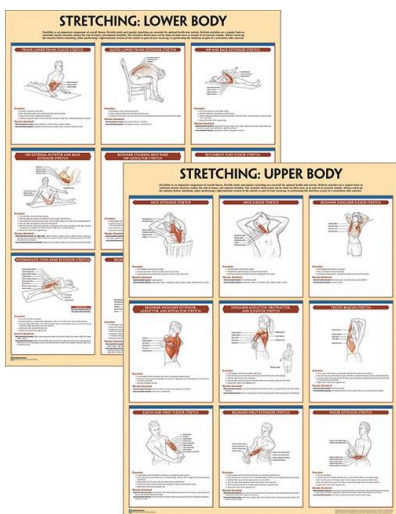
Status: **ACTIVE**

Related Products

Also Available

9781450434164 - \$23.95

9780736083867 - \$19.95



9781492504689
 Pub Date: 7/2/14
 \$26.95/\$36.95 Can./£20.83
 UK/€24.25 EU
 Discount Code: 01
 Poster

Health & Fitness / Exercise
 HEA007000

1 lb Wt

Status: **ACTIVE**

Related Products

Also Available

9781450438155 - \$19.95
 9780736083867 - \$19.95

Stretching Anatomy Poster Series

Human Kinetics

Summary

Featuring the same stunning four-color artwork seen in *Stretching Anatomy*, the *Stretching Anatomy Poster Series* consists of two posters that will help you minimize muscle soreness, reduce the risk of injury, and improve mobility.

The Upper Body poster presents nine stretches for the neck, shoulders, and arms:

- Neck extensor
- Neck flexor
- Beginner shoulder flexor
- Beginner shoulder extensor, adductor, and retractor
- Shoulder adductor, protractor, and elevator
- Triceps brachii
- Elbow and wrist flexor
- Beginner wrist extensor
- Finger extensor

The Lower Body poster presents nine stretches for the trunk, hips, and legs:

- Prone lower-trunk flexor
- Seated lower-trunk extensor
- Hip and back extensor
- Hip external rotator and back extensor
- Beginner standing bent-knee hip adductor
- Recumbent knee flexor
- Intermediate lying knee extensor
- Beginner plantar flexor
- Beginner seated toe flexor

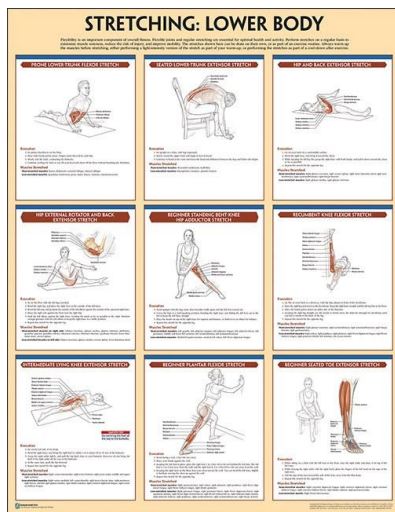
Whether you seek increased flexibility, better athletic performance, or reduced muscle soreness and tension, the *Stretching Anatomy Poster Series* will be your visual guide to proper stretching technique.

Individual poster size: 24 by 31 inches (60 by 80 cm)

Posters can be purchased as a series or individually.

Contributor Bio

Human Kinetics is the premier publisher for resources related to sports and fitness and leads the world in providing information on physical activity. That information takes many forms: consumer books, DVDs, textbooks and their ancillaries, journals, online courses, software, and audiovisual products. The information touches the lives of millions of people worldwide, including



9781492504634

Pub Date: 7/2/14

\$14.95/\$20.95 Can./£11.66

UK/€13.42 EU

Discount Code: 01

Poster

Health & Fitness / Exercise

HEA007000

0.2 lb Wt

Status: **ACTIVE****Related Products****Also Available**

9781450438155 - \$19.95

Stretching Poster: Lower Body

Human Kinetics

Summary

Featuring the same four-color artwork seen in best-selling book *Stretching Anatomy*, *Stretching: Lower Body* will help you minimize muscle soreness, reduce the risk of injury, and improve mobility.

The *Lower Body* poster presents nine stretches for the trunk, hips, and legs:

- Prone lower-trunk flexor
- Seated lower-trunk extensor
- Hip and back extensor
- Hip external rotator and back extensor
- Beginner standing bent-knee hip adductor
- Recumbent knee flexor
- Intermediate lying knee extensor
- Beginner plantar flexor
- Beginner seated toe flexor

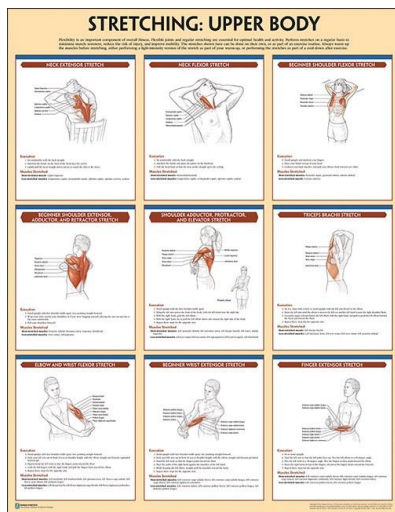
Whether you seek increased flexibility, better athletic performance, or reduced muscle soreness and tension, the *Stretching Anatomy Poster Series* will be your visual guide to proper stretching technique.

Individual poster size: 24 by 31 inches (60 by 80 cm)

Posters can be purchased individually or as a series.

Contributor Bio

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9781492504665

Pub Date: 7/2/14

\$14.95/\$20.95 Can./£11.66

UK/€13.42 EU

Discount Code: 01

Poster

Health & Fitness / Exercise

HEA007000

0.2 lb Wt

Status: **ACTIVE****Related Products****Also Available**

9781450438155 - \$19.95

Stretching Poster: Upper Body

Human Kinetics

Summary

Featuring the same four-color artwork seen in best-selling book *Stretching Anatomy*, the *Stretching: Upper Body* will help you minimize muscle soreness, reduce the risk of injury, and improve mobility.

The *Upper Body* poster presents nine stretches for the neck, shoulders, and arms:

- Neck extensor
- Neck flexor
- Beginner shoulder flexor
- Beginner shoulder extensor, adductor, and retractor
- Shoulder adductor, protractor, and elevator
- Triceps brachii
- Elbow and wrist flexor
- Beginner wrist extensor
- Finger extensor

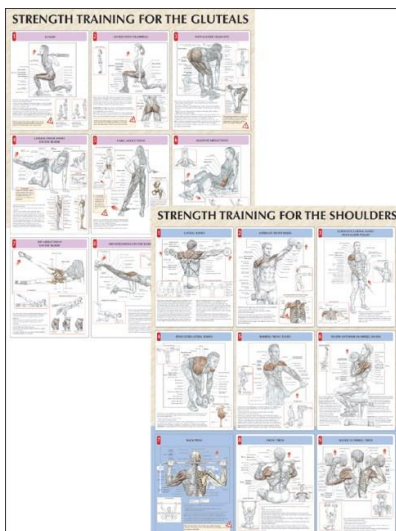
Whether you seek increased flexibility, better athletic performance, or reduced muscle soreness and tension, the *Stretching Anatomy Poster Series* will be your visual guide to proper stretching technique.

Individual poster size: 24 by 31 inches (60 by 80 cm)

Posters can be purchased individually or as a series.

Contributor Bio

Human Kinetics is the premier publisher for resources related to sports and fitness and leads the world in providing information on physical activity. That information takes many forms: consumer books, DVDs, textbooks and their ancillaries, journals, online courses, software, and audiovisual products. The information touches the lives of millions of people worldwide, including athletes, coaches, college students and professors, personal trainers, rehabilitation specialists, physical educators, nutritionists, parents, and sedentary people who want to become active.



9780736059312

Pub Date: 3/31/05

\$94.95/\$130.95 Can./£71.66

UK/€85.42 EU

Discount Code: 01

Poster

Sports & Recreation /
Bodybuilding & Weight Training
SPO006000

4 lb Wt

Status: **ACTIVE**

Strength Training Anatomy Poster Series

Frederic Delavier

Summary

Using the same masterful anatomical artwork that helped the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books sell over 1,000,000 copies combined in the United States, the *Strength Training Anatomy Poster Series* consists of seven 24- x 31-inch full-color posters that fully illustrate every major muscle group. The seven posters can be ordered individually or as a full set.

Each region-specific poster--back, arms, shoulders, chest, abdomen, gluteals, and legs--presents nine exercise illustrations that depict the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. Presenting more than 63 exercises in total, these posters serve as blueprints for strength trainers, bodybuilders, and professionals who wish to work each muscle group safely and maximize the benefits of every workout.

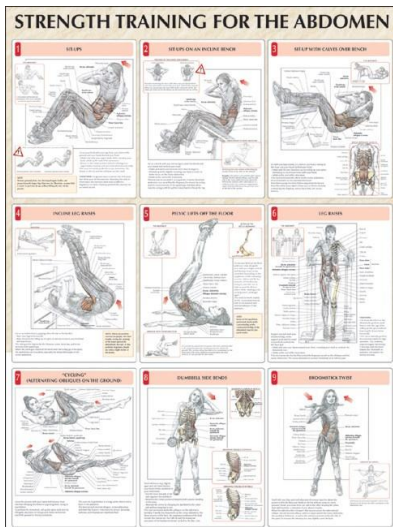
Contributor Bio

The former editor in chief of the French magazine *PowerMag*, **Frédéric Delavier** is currently a journalist for the French magazine *Le Monde du Muscle* and a contributor to several other muscle publications, including *Men's Health Germany*. He is the author of the bestselling *Strength Training Anatomy* and *Women's Strength Training Anatomy*, which have sold a combined over 640,000 copies in the United States and have been translated into 15 languages.

Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious Ecole des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine.

Delavier won the French powerlifting title in 1988 and makes annual presentations on the sports applications of biomechanics at conferences in Switzerland. His teaching efforts have earned him the Grand Prix de Techniques et de Pédagogie Sportive.

Delavier lives in Paris, France.



Strength Training for the Abdomen Poster

Frederic Delavier

Summary

Using the same masterful anatomical artwork that is featured in the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books, the *Strength Training Anatomy poster series* consists of seven full-color posters that fully illustrate every major muscle group.

This region-specific poster, the *Abs Poster*, presents a clear depiction of the muscles of the abdomen and eight exercise illustrations.

- Sit-ups
- Sit-ups on an incline bench
- Sit-ups with calves over bench
- Incline leg raises
- Leg raises
- Cycling
- Dumbbell side bends
- Broomstick twists

Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every abdominal workout.

Individual poster size: 24" x 31" (60 x 80 cm).

Contributor Bio

The former editor in chief of the French magazine *PowerMag*, **Frédéric Delavier** is currently a journalist for the French magazine *Le Monde du Muscle* and a contributor to several other muscle publications, including *Men's Health Germany*. He is the author of the bestselling *Strength Training Anatomy* and *Women's Strength Training Anatomy*, which have sold a combined over 640,000 copies in the United States and have been translated into 15 languages.

Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious Ecole des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine.

Delavier won the French powerlifting title in 1988 and makes annual presentations on the sports applications of biomechanics at



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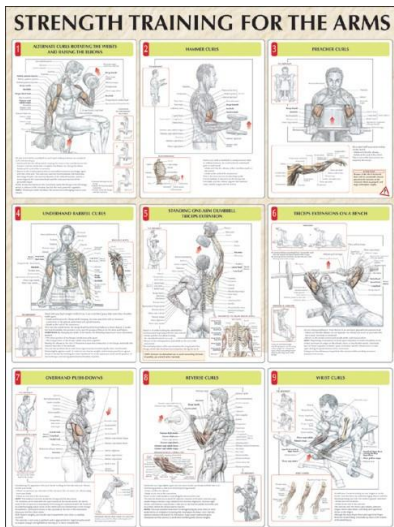
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Poster

Sports & Recreation /
Bodybuilding & Weight Training
SPO006000

0.4 lb Wt

Status: **ACTIVE**



Strength Training for the Arms Poster

Frederic Delavier

Summary

Using the same masterful anatomical artwork that is featured in the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books, the *Strength Training Anatomy poster series* consists of seven full-color posters that fully illustrate every major muscle group.

This region-specific poster, the *Arms Poster*, presents nine exercise illustrations.

- Alternate curls
- Hammer curls
- Preacher curls
- Underhand barbell curls
- Standing one-arm dumbbell triceps extension
- Triceps extensions on a bench
- Overhand push-downs
- Reverse curls
- Wrist curls

Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every arm workout.

Individual poster size: 24" x 31" (60 x 80 cm).

Contributor Bio

The former editor in chief of the French magazine *PowerMag*, **Frédéric Delavier** is currently a journalist for the French magazine *Le Monde du Muscle* and a contributor to several other muscle publications, including *Men's Health Germany*. He is the author of the bestselling *Strength Training Anatomy* and *Women's Strength Training Anatomy*, which have sold a combined over 640,000 copies in the United States and have been translated into 15 languages.

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Delavier lives in Paris, France.



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Poster

Sports & Recreation /
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0.4 lb Wt

Status: **ACTIVE**

Strength Training for the Back Poster

Frederic Delavier

Summary

Using the same masterful anatomical artwork that is featured in the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books, the *Strength Training Anatomy poster series* consists of seven full-color posters that fully illustrate every major muscle group.

This region-specific poster, the *Back Poster*, presents nine exercise illustrations.

- Dumbbell shrugs with rotation
- Upright rows with hands spread
- One-arm dumbbell rows
- Back lat pull-downs
- Chin-ups
- Seated rows
- Bent rows
- Good mornings
- Back extension

Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every back workout.

Individual poster size: 24" x 31" (60 x 80 cm).

Contributor Bio

The former editor in chief of the French magazine *PowerMag*, **Frédéric Delavier** is currently a journalist for the French magazine *Le Monde du Muscle* and a contributor to several other muscle publications, including *Men's Health Germany*. He is the author of the bestselling *Strength Training Anatomy* and *Women's Strength Training Anatomy*, which have sold a combined over 640,000 copies in the United States and have been translated into 15 languages.

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Delavier lives in Paris, France.



Strength Training for the Buttocks Poster

Frederic Delavier

Summary

Using the same masterful anatomical artwork that is featured in the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books, the *Strength Training Anatomy poster series* consists of seven full-color posters that fully illustrate every major muscle group.

This region-specific poster, the *Gluteals Poster*, presents nine exercise illustrations.

- Lunges
- Lunges with dumbbells
- Stiff-legged deadlifts
- Lateral thigh raises
- Cable adductions
- Machine adductions
- Hip abductions
- Hip extensions
- Bridging

Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every gluteal workout.

Individual poster size: 24" x 31" (60 x 80 cm).

Contributor Bio

The former editor in chief of the French magazine *PowerMag*, **Frédéric Delavier** is currently a journalist for the French magazine *Le Monde du Muscle* and a contributor to several other muscle publications, including *Men's Health Germany*. He is the author of the bestselling *Strength Training Anatomy* and *Women's Strength Training Anatomy*, which have sold a combined over 640,000 copies in the United States and have been translated into 15 languages.

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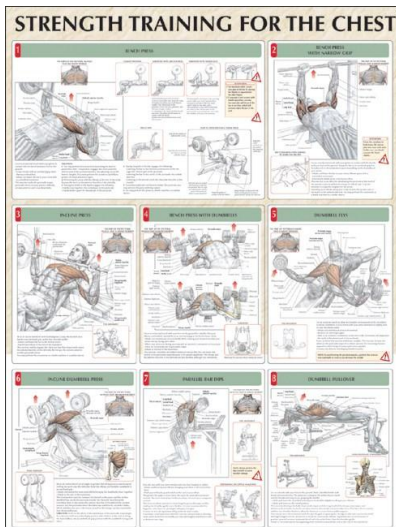
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Poster

Sports & Recreation /
Bodybuilding & Weight Training
SPO06000

0.4 lb Wt

Status: **ACTIVE**



Strength Training for the Chest Poster

Frederic Delavier

Summary

Using the same masterful anatomical artwork that is featured in the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books, the *Strength Training Anatomy poster series* consists of seven full-color posters that fully illustrate every major muscle group.

This region-specific poster, the *Chest Poster*, presents eight exercise illustrations.

- Bench press
- Bench press with narrow grip
- Incline press
- Bench press with dumbbells
- Dumbbell flys
- Incline dumbbell press
- Parallel bar dips
- Dumbbell pullover

Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every chest workout.

Individual poster size: 24" x 31" (60 x 80 cm).

Contributor Bio

The former editor in chief of the French magazine *PowerMag*, **Frédéric Delavier** is currently a journalist for the French magazine *Le Monde du Muscle* and a contributor to several other muscle publications, including *Men's Health Germany*. He is the author of the bestselling *Strength Training Anatomy* and *Women's Strength Training Anatomy*, which have sold a combined over 640,000 copies in the United States and have been translated into 15 languages.

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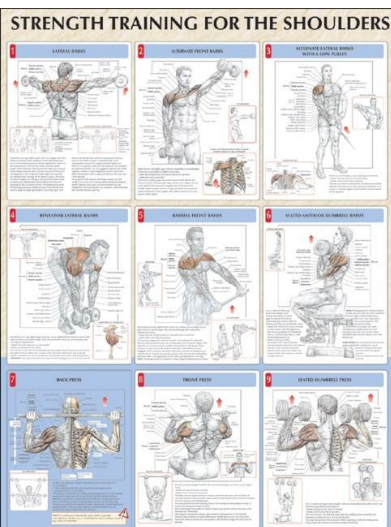
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Poster

Sports & Recreation /
Bodybuilding & Weight Training
SPO006000

0.4 lb Wt

Status: **ACTIVE**



Strength Training for Shoulders Poster

Frederic Delavier

Summary

Using the same masterful anatomical artwork that is featured in the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books, the *Strength Training Anatomy poster series* consists of seven full-color posters that fully illustrate every major muscle group.

This region-specific poster, the *Shoulders Poster*, presents nine exercise illustrations.

- Lateral raises
- Alternate front raises
- Alternate lateral raises with a low pulley
- Bent-over lateral raises
- Barbell front raises
- Seated anterior dumbbell raises
- Back press
- Front press
- Seated dumbbell press

Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every shoulder workout.

Individual poster size: 24" x 31" (60 x 80 cm).

Contributor Bio

The former editor in chief of the French magazine *PowerMag*, **Frédéric Delavier** is currently a journalist for the French magazine *Le Monde du Muscle* and a contributor to several other muscle publications, including *Men's Health Germany*. He is the author of the bestselling *Strength Training Anatomy* and *Women's Strength Training Anatomy*, which have sold a combined over 640,000 copies in the United States and have been translated into 15 languages.

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