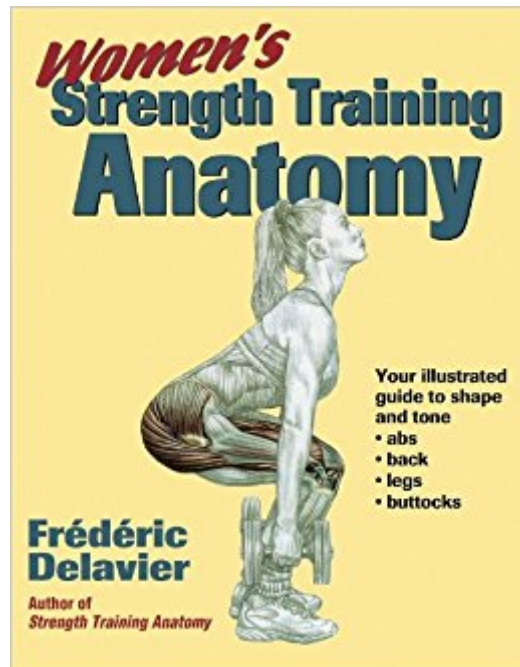


The book was found

Women's Strength Training Anatomy



Synopsis

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.

Book Information

Paperback: 136 pages

Publisher: Human Kinetics; 1 edition (December 30, 2002)

Language: English

ISBN-10: 0444530967

ISBN-13: 978-0415427234

ASIN: 0736048138

Product Dimensions: 7.8 x 0.4 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (127 customer reviews)

Best Sellers Rank: #296,715 in Books (See Top 100 in Books) #25 in [Books > Sports & Outdoors > Miscellaneous > Women in Sports](#) #122 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine](#) #408 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#)

Customer Reviews

I give this book 2 stars because half of it is missing. Don't expect to be able to use this book to get the nicely toned arms, chests and shoulders so beautifully illustrated here because there are NO upper body exercises included at all. The half of the book there is, IS very good, with beautiful and clear illustrations and easy to understand. (I do wish that the sketched woman working on her "adductors at a machine", on page 69, had been drawn wearing an exercise bra.) I should have read the other reviews here. Now I'm going to buy Strength Training Anatomy to find out what's

been left out. *Sigh* it seems like another chapter of the same old story: women are always having to wait longer for women's versions of products and then paying extra for them. And just like clothing--less material, lower quality and higher prices. Hey! Maybe these guys don't want us to have strong upper bodies! That way we could punch them out for pulling stunts like these.

If this book included the upper body (and more back exercises--deadlifts and back extensions are at the very end as an afterthought) I'd have given it at least 4 stars, if not 5. I liked the idea of a strength training book for women that addressed our physiological differences, had great illustrations of which muscles are involved in each exercise, and showed women doing real exercises like deep squats, good mornings, etc. Unfortunately, I didn't look at the small bit of the title which tells you it addresses lower body only. Where are the chest, shoulders, arms and the rest of the back? Have to agree with the reviewer who mentioned the hip adduction illustration. Bare chest and, of course, nothing on the lower torso since the illustration is showing us the muscles involved. Given the legs wide position of the hip adduction machine, this picture seemed more sexual. Maybe the author is planning Part 2 that will include the upper body. Again, I feel the back was sorely overlooked here.

Although the book lacks a specific section on the arms and chest, it is an excellent book. It illustrates in great detail strength training of the main core muscles for women...the back and abdominals. The bonus benefit of a great leg and buttock section. Very useful in targeting the female trouble spots. The other book by this author could be used to fill in the blanks of the arms and chest with ease or a simple anatomy illustration. I would give it a 5 star if the arms and chest section was there.

Yes, sorry, yet another woman dissatisfied with only abs back legs and buttocks illustrations. I am a Personal Trainer and was thrilled to see a version of "Strength Training Anatomy" for the female body...and then immediately disappointed that Mr Delavier didn't finish the book. I just can't imagine what he was thinking of! Oh well back to the male version (brilliant) and drawings unrepresentative of the muscle mass of half my clients! We wait with baited breath for your sequel Mr Delavier - Chest, Shoulders & Arms!

This book is a great help for training trouble spots. It covers training the lower body (back, abs, legs and butt). It gives many exercises for each body area (27 butt, 37 legs, 34 abs and 6 for back) each with a perfectly drawn illustration showing the muscles effected by the exercise and clear

explanation on how to correctly perform the exercise. Most of the exercises can be done with minimal equipment (free weights and bands) at home, only a few cover gym machines. This book does not give routines or diet plans. After 10 years of gym training I am now training at home. This no nonsense book has been an invaluable source of exercises and information for training (especially trouble spots) without the use of gym equipment. Highly recommended!

I own & love Frederic Delavier's "Strength Training Anatomy", so when I saw this one at a local bookstore, I anxiously leafed through it, hoping it would be of a similar caliber. I was very disappointed to see that apparently, women do not have shoulder, chest & arm muscles (see table of contents)! Guess they are marketing this book to women who are trying to spot-reduce thighs, butt, & abs. I don't buy into that myth and thus did not buy the book. BOO, HISS!!!

The biggest benefit to this book is that Delavier shows you, with precisely drawn line illustrations, exactly which muscles are worked for each of the roughly 100 exercises that are described in this book. The book is also blissfully empty of philosophy, that is, you won't find any exhortations to eliminate carbs from your diet or aerobics from your routine. In fact, you won't find any "how to" information at all, except how to perform the exercises and an occasional comment about the efficacy of one version of an exercise over another. The big negative is that Delavier seems to have forgotten that women also have upper bodies! Women's Strength Training Anatomy is divided into 4 sections: Legs, Buttocks, Abdominals and Back. There is no mention of chest or arms, body parts that every woman I know possesses! Some people may also find it a drawback that Delavier offers no suggested routines or information about how to apply the exercises he illustrates. Overall, this is an excellent reference book that would have gotten 5 stars had it covered a woman's entire body.

[Download to continue reading...](#)

Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More The Complete Strength Training Workout Program for Racquetball: Improve power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for

Squash: Add more power, speed, agility, and stamina through strength training and proper nutrition

Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Delavier's Women's Strength Training Anatomy Workouts Women's Strength Training Anatomy Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Youth Strength Training: Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Strength Training Anatomy, 3rd Edition PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training)

[Dmca](#)