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For more than a decade, Frederic Delavier's acclaimed books have enjoyed robust sales, including his best-selling Strength Training Anatomy, which has sold more than one million copies worldwide. Now the acclaimed author, illustrator and former powerlifting champion brings his expertise to the immensely

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In Delavier's Mixed Martial Arts Anatomy, Delavier and co-author Michael Gundill provide more than 120 exercises and 20 training programs for MMA fighters of all levels of experience. Featuring the most effective exercises for enhancing the full range of combat skills, this invaluable resource is packed with 237 full-color photos and 120 of the stunning anatomical illustrations for which Delavier is famous, having now sold millions of strength training books worldwide.

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Anatomy: Delavier's Mixed Martial Arts Anatomy (Paperback ...

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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.

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The Strength Training Anatomy Workout II: Building ...

Anatomy Ser.: Delavier's Mixed Martial Arts Anatomy by Michael Gundill and Frederic Delavier (2013, Trade Paperback)

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