



Delavier's Sculpting Anatomy for Women: Shaping your core, butt, and legs

Frederic Delavier, Jean-Pierre Clemenceau

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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!

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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