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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 Facult   de M  dicine.

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which is one of the most essential books if you are focusing on the anatomical aspects that play a crucial part in the development of muscles. Understanding that would help you in becoming a gym trainer or would even help you in doing better and effective exercises.

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Bodyweight Strength Training Anatomy:
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Science & Math Book Summary: The title of this book is Strength Training Anatomy, 3rd Edition and it was written

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