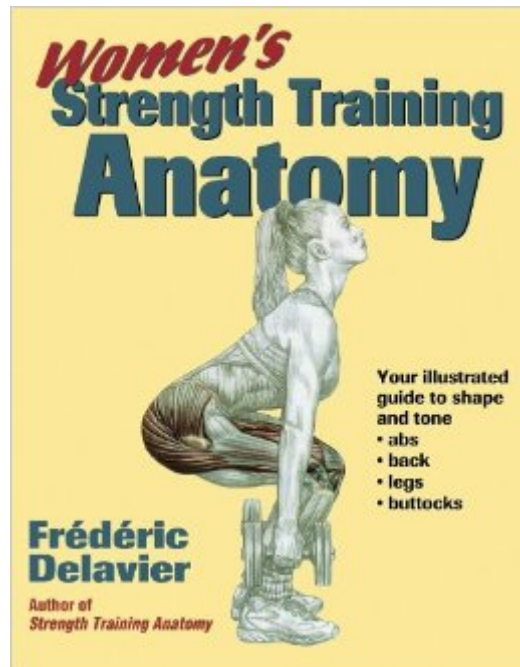


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# Women's Strength Training Anatomy



## 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

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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.

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