



Delavier's Stretching Anatomy

Frederic Delavier, Jean-Pierre Clemenceau, Michael Gundill

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Delavier's Stretching Anatomy is your guide for increasing flexibility, improving range of motion, toning muscles, and relieving pain and discomfort. The very best stretches for shoulders, chest, arms, torso, back, hips, and legs are all here, and all in the stunning detail that only Frédéric Delavier can provide.

With over 550 full-color photos and illustrations, you'll go inside more than 130 exercises to see how muscles interact with surrounding joints and skeletal structures and learn how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results.

Delavier's Stretching Anatomy includes 13 proven programs for increasing muscle tone, releasing tension and stress, and optimizing training and performance in 13 sports, including running, cycling, basketball, soccer, golf, and track and field. 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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