

Frederic Delavier



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About Frederic Delavier Frédéric Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious École des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine.

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Frédéric Delavier (Author of Strength Training Anatomy)

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About the author (2006) Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious École des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine. Delavier won the French powerlifting title in 1988...

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Frederic Delavier is the author of this book. Frederic 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 Faculté de Médecine.

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HUMAN KINETICS. 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.

- Frederic Delavier, Michael Gundill, Jean-Pierre Clemenceau

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Overview. Author and illustrator Frédéric Delavier is the former editor in chief of the French publication PowerMag. He is a journalist for Le Monde du Muscle and a contributor to Men's Health Germany and several other strength training publications.

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