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Former editor in chief of "PowerMag" in France, author and illustrator Frederic Delavier is a journalist for "Le Monde du" "Muscle" and a contributor to "Men's Health Germany" and several other strength publications. His previous publication, "Strength Training Anatomy," has sold more than one million copies. ...more.

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The former editor in chief of the French magazine PowerMag, Delavier is currently a journalist for the French magazine Le Monde du Muscle and a contributor to several other muscle publications, including Men's Health Germany. He is the author of the best-selling Strength Training Anatomy and Women's Strength Training Anatomy.

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Frederic 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 Faculte de Medecine. Customers who viewed this item also viewed Page 1 of 1 Start over Page 1 of 1

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