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## **training ...**

By Frederic Delavier Published March 2010 192 pages Frederic Delavier recently authored a new version of his book Strength Training Anatomy. Here is my review of the previous edition. Because I've already reviewed the book, I'm going to concentrate on what's new and different in this edition.

## **Book Review: Strength Training Anatomy (3rd edition)**

Human Kinetics - USA phone: 800-747-4457 fax: 217-351-1549  
CustomerSupport@hkusa.com us.humankinetics.com 1607 N  
Market Street P.O. Box 5076 Champaign, IL 61825-5076

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