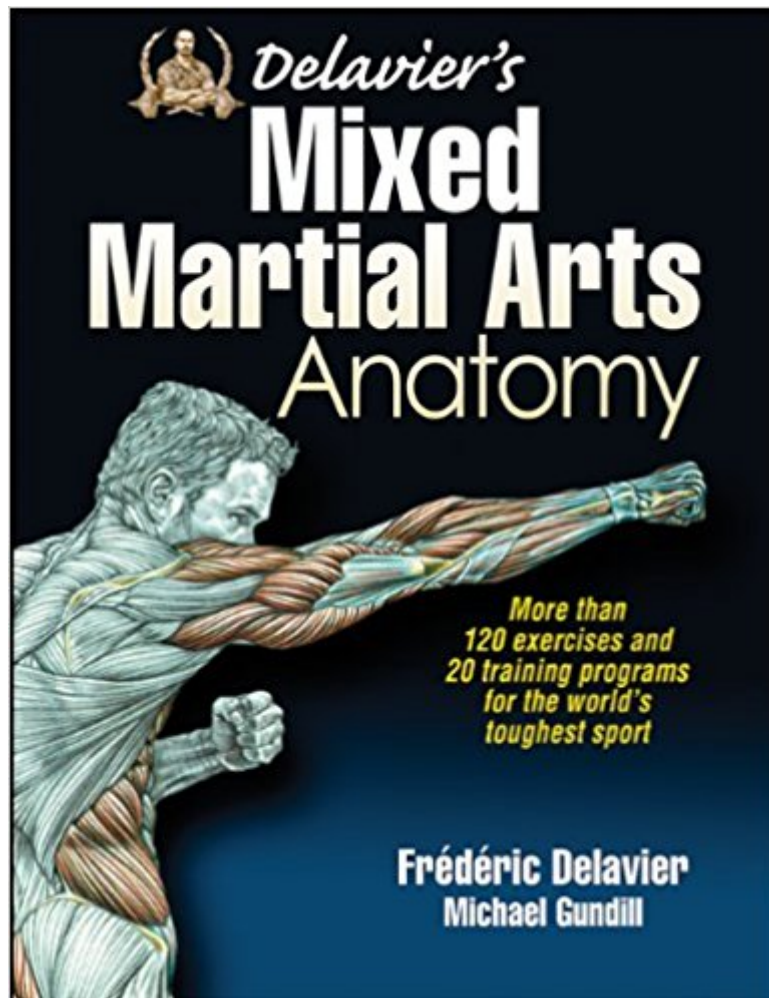




The book was found

# Delavier's Mixed Martial Arts Anatomy



## Synopsis

From powerful blows to explosive kicks, Delavier's Mixed Martial Arts Anatomy takes you inside the action and impact of one of the world's most popular, grueling, and challenging sports. Over 230 full-color photos and 120 anatomical illustrations allow you to go inside more than 120 exercises specifically selected for the neuromuscular demands of the sport. You'll see how muscles interact with surrounding joints and skeletal structures and how variations and sequencing can isolate specific muscles to enhance the full arsenal of combat skills.

Delavier's Mixed Martial Arts Anatomy features an anatomomorphological approach to allow you to choose the most effective exercises for your body type, physical conditioning, and fighting style. From boxing to ground fighting, you'll enhance your strengths and minimize your weaknesses with more than 20 proven programs. Featuring the latest exercises for injury prevention and foam roller techniques for muscle regeneration, it's all here and all in the stunning detail that only Frédéric Delavier can provide.

## Book Information

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Average Customer Review: 4.5 out of 5 stars 51 customer reviews

Best Sellers Rank: #364,262 in Books (See Top 100 in Books) #55 in Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #443 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #617 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

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. 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, Women's Strength Training Anatomy, The Strength Training Anatomy Workout, Delavier's Core Training Anatomy, and Delavier's Stretching Anatomy. Delavier won the French powerlifting title in 1988 and makes annual presentations on the sport applications of biomechanics at conferences in Switzerland. His teaching efforts have earned him the Grand Prix de Techniques et de Pédagogie Sportive. Delavier lives in Paris, France. Michael Gundill has written 13 books on strength training, sport nutrition, and health, including coauthoring The Strength Training Anatomy Workout and The Strength Training Anatomy Workout II. His books have been translated into multiple languages, and he has written over 500 articles for bodybuilding and fitness magazines worldwide, including Iron Man and Dirty Dieting. In 1998 he won the Article of the Year Award at the Fourth Academy of Bodybuilding Fitness & Sports Awards in California. Gundill started weightlifting in 1983 in order to improve his rowing performance. Most of his training years were spent completing specific lifting programs in his home. As he gained muscle and refined his program, he began to learn more about physiology, anatomy, and biomechanics and started studying those subjects in medical journals. Since 1995 he has been writing about his discoveries in various bodybuilding and fitness magazines worldwide.

I thought it was more about anatomy. From the title I expected something like: which muscles are used when you kick high? which organs are affected when you take a punch? What happens with the arm if you receive an armbar? It is actually about physical preparation for martial arts, with some good pictures and some excellent illustrations (drawings). The name in French is even "Musculature pour le fight et les sports de combat" which can be translated as: "Strength Training for the fight and combat sports".

Good information on what muscles are used in different types of martial arts - from boxing, to kicking, to grappling. While the title says "anatomy": it should be marketed more as a training book - it has a substantial details on resistance workout and exercises that benefit those various martial arts and even has them divided by beginner, intermediate and advanced students. Great book, but then Delavier's books are all great.

Frederic Delavier's anatomy books are awesome, I have 4 others

Hi friends This is one of most amazing books that i have received. Why? Very illustrated, concepts,

sport science supported and full of tips and new ideas for get to next level your performance in the marvelous world of training for MMA.I consider that is excellent

Love the book . Good info

Great book for those who want to get started on a martial arts workout program.

Great book. Thank you.

Great!

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