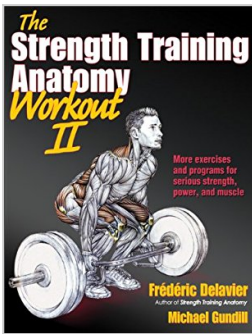


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By Frederic Delavier, Michael Gundill

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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 publication, *Strength Training Anatomy*, has sold more than 1 million copies.

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