



## Delavier's Stretching Anatomy

*Frederic Delavier, Jean-Pierre Clemenceau, Michael Gundill*

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*Delavier's Stretching Anatomy* includes 13 proven programs for increasing muscle tone, releasing tension and stress, and optimizing training and performance in 13 sports, including running, cycling, basketball, soccer, golf, and track and field. 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.

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