



Strength Training for the Buttocks Poster (Strength Training Anatomy)

By Frederic Delavier

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Using the same masterful anatomical artwork that is featured in the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books, the *Strength Training Anatomy poster series* consists of seven full-color posters that fully illustrate every major muscle group.

This region-specific poster, the *Gluteals Poster*, presents nine exercise illustrations.

- Lunges
- Lunges with dumbbells
- Stiff-legged deadlifts
- Lateral thigh raises
- Cable adductions
- Machine abductions
- Hip abductions
- Hip extensions

-Bridging

Each illustration depicts the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. This poster serves as a blueprint for maximizing the benefits of every gluteal workout.

Individual poster size: 24" x 31" (60 x 80 cm).

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The former editor in chief of the French magazine *PowerMag*, **Frédéric 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 bestselling *Strength Training Anatomy* and *Women's Strength Training Anatomy*, which have sold a combined over 640,000 copies in the United States and have been translated into 15 languages.

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 Faculté de Médecine.

Delavier won the French powerlifting title in 1988 and makes annual presentations on the sports 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.

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