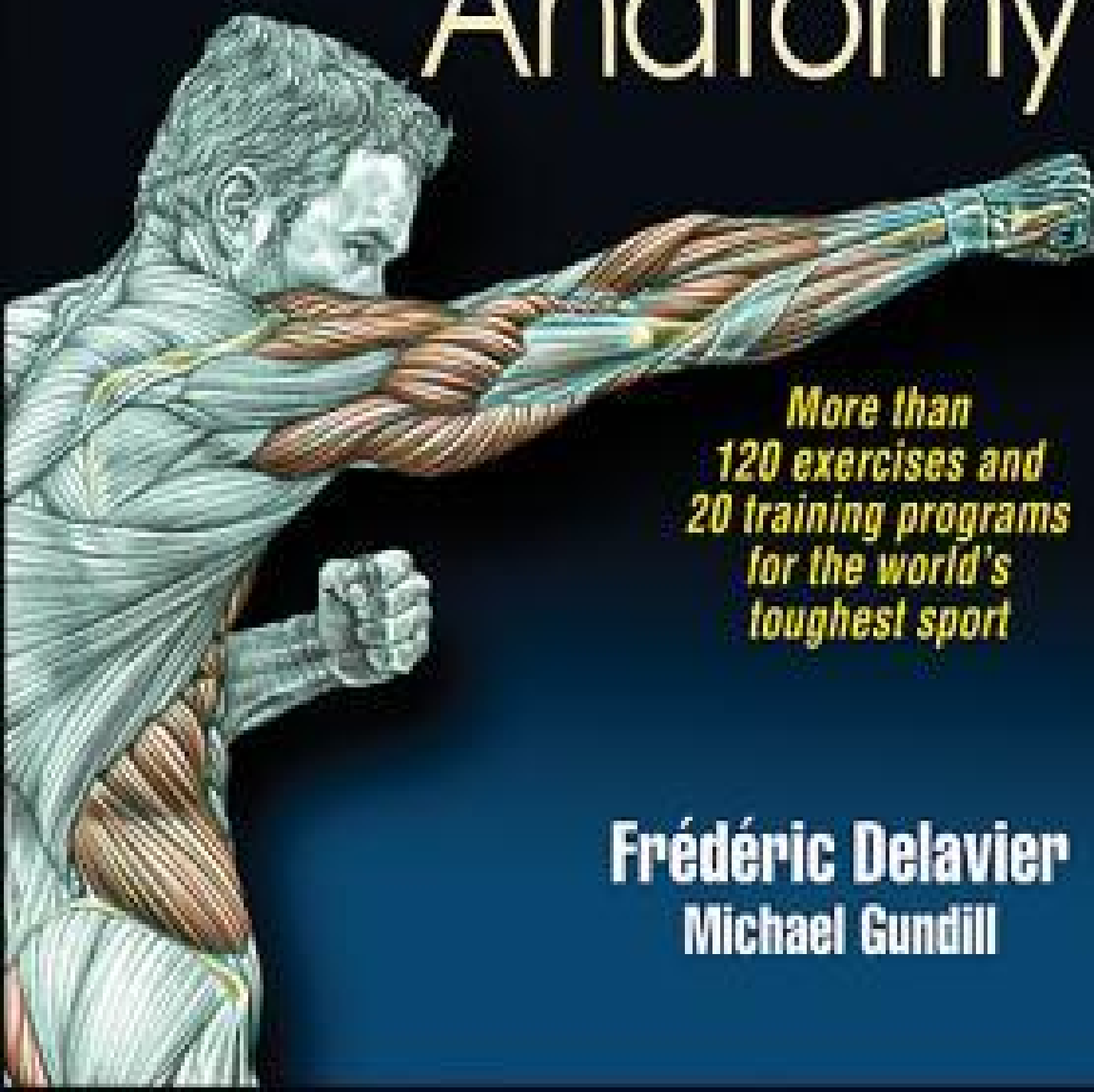




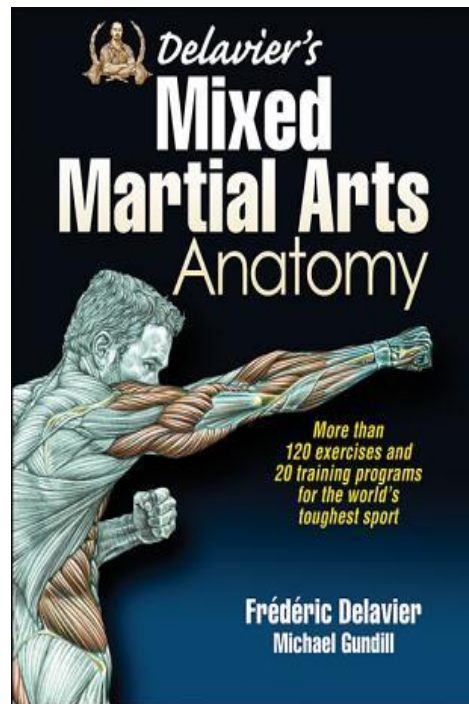
Delavier's
**Mixed
Martial Arts
Anatomy**



*More than
120 exercises and
20 training programs
for the world's
toughest sport*

Frédéric Delavier
Michael Gundill

* Delavier's Mixed Martial Arts Anatomy *



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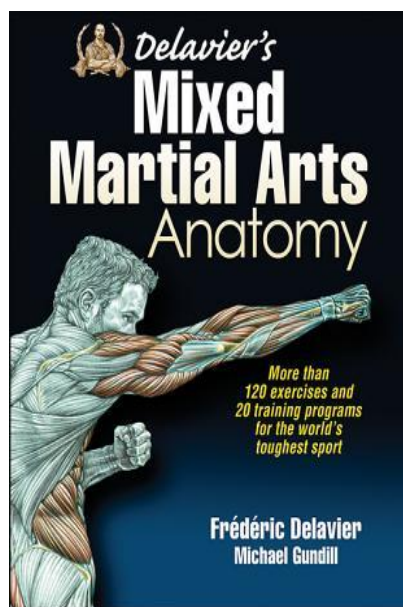
Books Descriptions

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,

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