Course Information Sheet

Course Title: Strength Training Anatomy, 3rd Ed.

Course Description:

This newly updated course includes dozens of detailed, full color drawings that show you exactly how specific muscles work during exercise. See how slight exercise variations can make a big difference in results. Course includes soft-cover textbook, separate testing booklet and free, instant grading. Softcover, 144 pages.

Learning Objectives:

1. Understand the primary actions of the biceps muscle.

2. Identify three positions used to perform dumbbell curls and the muscles emphasized by each position.

3. Identify specific exercises that can be used to emphasize the biceps brachii muscle.

4. Identify specific exercises that can be used to emphasize the brachialis and brachioradialis.

5. Identify specific exercises that can be used to work the wrist flexors and extensors.

6. Understand why the wrist joint might be weak.

7. Understand the difference between pronation and supination.

8. Identify which exercise would be appropriate for a beginner to use to strengthen their triceps.

9. Identify specific exercises that can be used to focus on the medial head, the long head and the lateral head of the triceps.

10. Identify specific exercises that can be used to work the entire triceps group.

11. Identify which exercises would not be recommended for those with a rotator cuff injury.

12. Identify modifications to overhead exercises to protect the spine.

13. Know the correct form to use to complete bent-over lateral raises.

14. Know the correct form to use to complete barbell front raises.
15. Know the correct form to use to complete upright rows.

16. Identify the muscles that help stabilize the shoulder joint when completing lateral raises.

17. Identify the type of muscle fiber that composes several heads of the medial deltoid.

18. Identify the muscles involved in front arm raises.

19. Identify the most appropriate exercises for beginners.

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.

**Instructor/Author Credentials:**

**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*.

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.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A