



# Strength Training for the Buttocks Poster (Strength Training Anatomy)

*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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