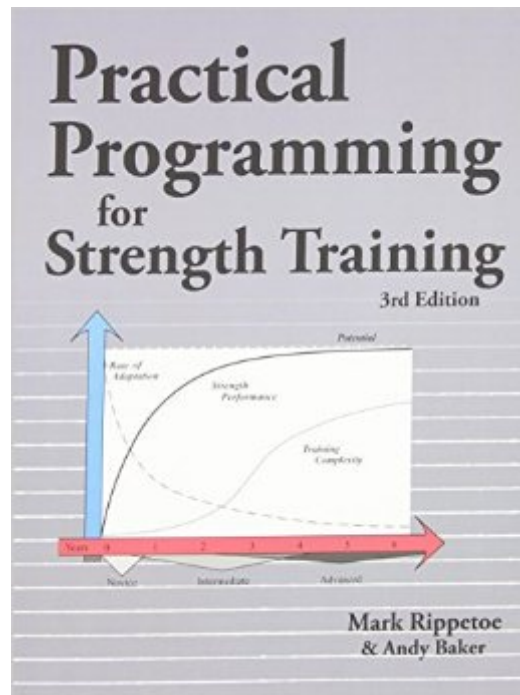


The book was found

Practical Programming For Strength Training



Synopsis

There is a difference between Exercise and Training. Exercise is physical activity for its own sake, a workout done for the effect it produces today, during the workout or right after you're through. Training is physical activity done with a longer-term goal in mind, the constituent workouts of which are specifically designed to produce that goal. Training is how athletes prepare to win, and how all motivated people approach physical preparation. Practical Programming for Strength Training 3rd Edition addresses the topic of Training. It details the mechanics of the process, from the basic physiology of adaptation to the specific programs that apply these principles to novice, intermediate, and advanced lifters. --Each chapter completely updated --New illustrations and graphics --Better explanations of the proven programs that have been helping hundreds of thousands of lifters get stronger more efficiently --Expanded Novice chapter with the details of 3 different approaches to the problem of getting stuck and special approaches for the underweight and overweight trainee --Expanded Intermediate chapter with 18 separate programs and 11 detailed examples --Expanded Advanced chapter with detailed examples of 9 different programs --Expanded Special Populations chapter with example programs for women and masters lifters training through their 50s, 60s, 70s, and 80s --Day-to-day, workout-to-workout, week-by-week detailed programs for every level of training advancement --The most comprehensive book on the theory and practice of programming for strength training in print Printed in a new larger format for better display of the programs, PPST3 will be an important addition to your training library.

Book Information

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Customer Reviews

Both of Mark Rippetoe's major contributions to strength training literature are now in their third editions. Starting Strength: Basic Barbell Training - 3rd Edition has established itself as one of the premiere pieces of literature for anyone interested in getting stronger, and now the 3rd edition of Practical Programming has joined it. The 2nd edition was full of wonderful information regarding the stress/recovery/adaptation cycle of strength training. Simply put, the more you do something (say, squat or deadlift), the better you become at it, and changes in programming (frequency, set/rep schemes, etc...) are required to further progress. New to the 3rd edition is an impressive amount of detail on how to go about the necessary changes in programming as a lifter progresses. The book contains its largest upgrade in chapters 6-8. With the assistance of Andy Baker of Kingswood Strength and Conditioning, programming for the novice, intermediate, and advanced lifters is covered in amazing detail. For the novice, the basic principles of the Starting Strength method are discussed as well as a fabulous real world example of a properly executed linear progression. New to the 3rd edition is an extensive look at how to elongate and squeeze every drop of usefulness out of a linear progression. It details resets, stalls, and recovering from the mistake of increasing your lifts too quickly. All of these scenarios are backed up with biomechanical details of the human body. Additionally, new to the novice section is a detailed account of the "advanced novice" lifter as well as specialized diet and training tips for the particularly overweight or underweight trainee. The Intermediate section has received the largest upgrade of all.

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