

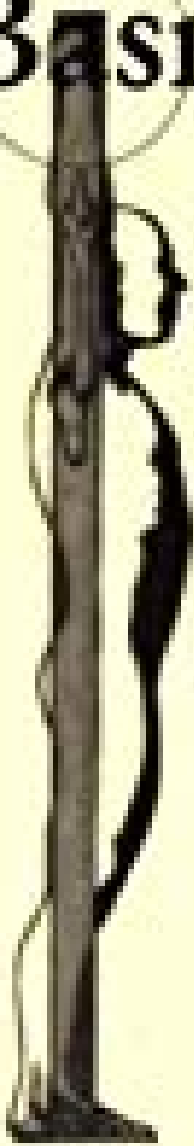
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2nd Edition

Starting Strength

Basic Barbell Training

Mark Rippetoe
& Lon Kilgore



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Mark Rippetoe

Starting Strength: Basic Barbell Training, 2nd Edition



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Starting Strength: Basic Barbell Training is the fresh extended version of the book that has been called "the very best and most useful of fitness books. With new graphics and more than 750 illustrations, a more detailed analysis of the five most important exercises in the pounds room, and a new chapter dealing with the most crucial assistance exercises, Basic Barbell Training supplies the most complete exam in print of the very most effective method to exercise." It accumulates where Starting Strength: A Simple and Practical Information for Coaching Beginners leaves off.



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This is how you create a strong, well-proportioned body! Remember, heavy fat lifted with poor form is NOT worth it (while the guys doing it think the weighty weights makes them look cool, their poor form really just makes them appear to be idiots). I chalked this up to age group and figured I guess I needed to just slow down and accept getting older. (A "substance lift" is one that engages more than one muscles group. An "isolation exercise" is one which only engages one muscle tissue group.) Don't pay attention to the BS periodicals that push fake exercises endorsed by steroid freaks which will state anything for a buck. Don't waste materials your time with the whole slew of Men's Health products that will perhaps you have performing ten thousand reps per week and then make no benefits. If you would like to get bigger and stronger, you MUST do several if not absolutely all of the lifts explained in this book. Nothing builds better hip and legs and butts than squats. It really is a lot more brief and fundamental than I had anticipated. If you can only have Two or Three books on lifting with dumbbells this should be on your shelf. The deadlift is one of the best overall mass building exercises, and it builds your complete back, hip and legs, and traps. The energy clean is among the toughest lifts you can do and works just about every muscle in your body. This book shows you the correct form for each one of these exercises in amazing fine detail. That is CRUCIAL because bad form can result in injuries (but proper form will totally prevent them). That is a book that everyone who lifts should read, whether new or experienced. The author gives you a workout program in the end of the book built around the five compound mass builders with target sets and reps, which is a superb strength-building program. If you lift weights, you owe it to yourself to buy and read this publication. Your workouts--and results--will by no means be the same once again. Another great book that espouses these concepts but also goes over correct dieting, cardio, and supplementing (and debunks a bunch of BS), is Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (The Lean Muscle Series). I recommend it. Rippetoe's understanding and enthusiasm in these areas is immense. Whether your goal is to obtain buff, get strong for a sport, contend in a strength sport, or just improve strength for general health, your first step ought to be to establish a solid foundation in lifting, which is a very good option if you like barbells. Although I enjoy Rip's dryly authoritative, often very funny, writing style, which describes lifting form in extreme detail (something like 60 web pages of text specialized in the squat alone), there is no getting around the fact that it's very difficult to understand correct lifting form from a publication. I therefore strongly recommend picking up his Starting Strength Dvd movie as a companion. Although I've always felt strong, as I've aged, I begun to feel discomfort in my own joints when I was lifting, especially my knees, back, and shoulders. As you research the book and the Dvd and blu-ray, shoot some video of yourself lifting to compare, and maybe post it on the Beginning Strength forum for a critique. Beginning Strength: Basic Barbell Training Note a 3rd edition is now available. The authors feel the core lifting exercises which should form the foundation of any routine. All I could say is "Wow!" Let me first declare that I've been weight lifting for nearly 30 years now and competed in several powerlifting meets back in the 80's. In it, Rip instructs lifters of various ages and sizes. It explains how to properly do the five main compound lifts that build a rock-solid, freakishly strong body: the squat, bench press, standing press, deadlift, and power clean. 5 for movement, 2 for programming I've found the reserve to end up being extremely helpful with regards to identifying and improving motion faults. I assume I was wrong. Mark is an authority on classical freeweight training. After reading it I immediately started implementing some of the adjustments the publication recommended into my routine. A look at the starting power forum will only confirm the neanderthal stereotype of weight training exercise but it's not part of the book so no deduction. I have seen countless

people doing presses incorrectly and then complain about shoulder issues! I feel like an entirely new lifter, one who can continue steadily to improve through his entire life, not just his youth. Many thanks Tag Rippetoe and Lon Kilgore for writing such a great book. a Must Have A must have for any beginning weightlifter, or anyone who has never really had any formal training, but thinks they lift. Five Stars Best read for overall strength training regiment. From what I've seen, it includes a lot of new text (including information on the snatch), a lot of the CrossFit items that he has since largely disavowed is gone, and there are better photos and illustrations. While they spend most of the webpages talking about squats, deadlifts, bench presses, presses and power cleans, there are many detailed on various other exercises near the end. accurate and easy to follow This book should be every young child's first book when choosing to lift. Amazing issue is with all the reviews upon this book I've hardly seen anyone squat as well as perhaps have never seen anyone deadlift in many years of training on and off at many different gyms. My bench press has risen 30 pounds in only 1 month after implementing standing up presses to my routine instead of doing them seated. That's why this publication is priceless. Regardless of the 5 stars, it isn't perfect. It functions for newbies and the 10 yr lifter with poor technique (plenty out there). The publication really needs a summary page for every lift. There's lots of information that's good to know however, not really necessary if you are just trying to accomplish the lift. The actual technique could easily be condensed to a page for every lift. For the first time in years, I'm squatting pain free of charge, without knee braces. This book is all you need This is the best book in strength training. Follow his applications and you may get results you will be proud of...it would have saved me so much time. Great info Good book for severe lifters Tour de force on dealing with barbells... The standing up press builds strong shoulders that appear to be cannonballs. I finally made a decision to pick this reserve up after seeing a few of its material crossed over on the crossfit website. I wish I had go through this reserve when I was young. Must Have This is actually the book that is clearly a must have if you are into lifting weights for reasons unknown. The basic system is an excellent starting place for at least almost a year no matter your ultimate destination - more powerful for sports activities, bodybuilding, powerlifting, etc. Informative, accurate and easy to follow. This book has been recommended if you ask me by Amazon quite a bit, but it just looked to simplistic if you ask me and I figured I already knew how exactly to lift properly. 3rd edition coming soon Excellent book, a good start to anyone not used to the barbell (or to the countless recreational lifters out there who've never learned appropriate form or practical exercise programming). Nevertheless, I was quite disappointed by the development section of the publication. The bench press is certainly a staple upper body exercise that, when combined with dumbbell presses, builds big, powerful chests. Five Stars Amazing book in case you are just starting out! It belongs in everyone's weightlifting library, and I can easily give it the highest possible recommendation. Basically describes in depth instruction of the Top-Five training method.



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