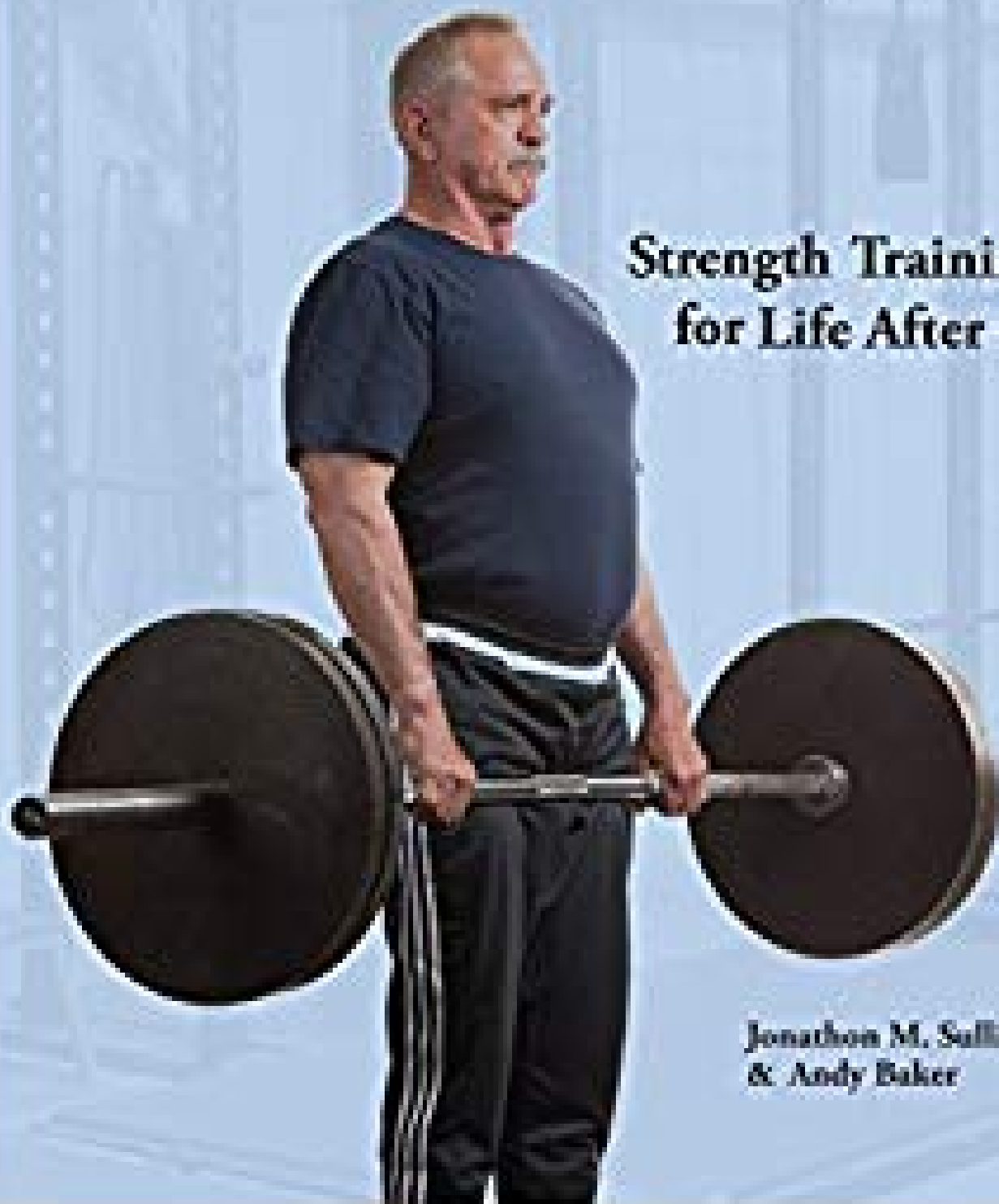


The Barbell Prescription

**Strength Training
for Life After 40**



**Jonathon M. Sullivan
& Andy Baker**

Jonathon M Sullivan

The Barbell Prescription: Strength Training for Life After 40



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The Barbell Prescription: Strength Training forever After 40 directly addresses the most pervasive problem faced by aging humans: the increased loss of physical strength and all its associated problems - the loss of muscle mass, bone mineral loss and osteoporosis, hip fractures (a terminal event for many older people), lack of balance and coordination, diabetes, heart disease linked to a sedentary way of living, and the increased loss of independence. The worst information a mature person ever gets is, Take it easy. Unlike all other books on the subject of exercise for seniors, The Barbell Prescription issues the motivated Athlete of Ageing with a no-nonsense training approach to strength and health - and demonstrates that everybody may become significantly stronger using the most effective tools ever created for the job. The Barbell Prescription maps an escape from the most common fate of older adults: a logical, programmed method of the hard work essential to earn at the extreme sport of Maturing Well. Easy enables you to soft, and soft enables you to dead.



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The best weight training book for just about any age This is simply the best Strength Training book out there for non-competitive athletes of any age. I can just ascribe this to a miscommunication with the printer. They just give a few examples of HIIT function/rest time intervals and some non-prescriptive figures of how conditioning could be formatted into a weekly power plan, but give no rationale and keep the details up to the coach or athlete. If you want to understand the real biological basis of getting stronger, this publication is for you personally. It presents the novice Beginning Strength program as well as the intermediate Texas Technique with plenty of variants to apply to anyone of any age group or experience level, also to provide for an eternity of sequential programming (instead of random range). The Starting Strength organization is known for its expertise in strength, not conditioning, so perhaps some outside assistance may help this section turn into a prescription (instead of general guidance) just like the rest of the book. What exercises will maximize your gains?The only exception to the above is the guy who would like a beach body. Two weeks ago, for his 90th birthday (which was a personal goal), he dead-lifted 100 pounds. Jonathan Sullivan. Younger guys seeking to train mainly for appearance may want to consider a hybrid power/bodybuilding plan such as for example Michael Matthews' Larger, Leaner, Stronger. this may inspire for the fight you will ever have against becoming too feeble to live it to the full Wish I had read this in my 20s - I am now 60 - explains why you should spend time weight training which will help your home is a fuller life - perhaps more so than aerobic fitness - although there is a chapter on High Intensity Intervals - inspired me personally to buy the devices and get back in to a strength program - even now doing 3 sessions weekly after six months - is effective with an App - 5x5 solid lifts. the authors go into great fine detail about the advantages of high intensity intensive training (HIIT) over long slow distance (LSD) work for general conditioning, but they are skimpy on the facts of how to optimally system HIIT. I have been using the concepts and methods of Mark Rippetoe's Starting Strength (SS) and Practical Programming for Strength Training (PPST) for my schooling for the better section of the last 10 years. For an excellent approach to HIIT, have a look at Marty Gallagher and Chris Hardy's "Burst Cardio" heart rate-based methodology that automatically adjusts to the athlete's training and recovery status within their book Strong Medicine. Joel Jamieson includes a ton of free cutting-edge conditioning info on his website, but unlike the authors of Barbell Prescription, he recommends 80% LSD and only 20% HIIT for general conditioning. A 20-30 12 months old could leap in on the baseline applications then refer to the age-related modifications as life dictates. I will be enthusiastically recommending this publication to my athletes, friends, and anyone else who asks me about training. Read it cover to cover (it's okay to gloss over the dozen roughly pages on bioenergetics and muscle mass fiber types), research the movies at

the Starting Power website, then seek out a professional powerlifting coach to get you started. Dr. Starting Power and Practical Programming for Strength Training belong on the bookshelves of each trainer and trainer, but also for the noncompetitive layman, The Barbell Prescription offers it all.. First, I will never show up as a verified purchaser, as I purchased the reserve from the publisher directly so I could receive it sooner. Second, I am a trainee at Greysteel Fitness center and coached by Dr. With that said, I don't think Sullivan, Baker, or Rippetoe could have an issue with someone doing a few models of hanging leg raises, bicep curls or triceps extensions (lying triceps extensions are recommended as an assistance workout in a few of the PPST programming and bicep curls are discussed in Barbell Prescription) with regard to vanity following the heavy barbell work is done. The next is definitely my honest evaluation. There is absolutely no bias as a stellar review from me will certainly not reduce the number of sets I have to do on Monday irrespective. Nothing in this reserve will help you to live much longer. Again, Mark Rippetoe has a more in-depth (though general) treatment of the topics in "Practical Development for Strength". I could individually attest that the methodologies and technology meticulously explained in this publication will give you a chance at the latter. We've another trainee inside our gym who's north of *90* years old. And existence begins to suck. While these programs will pack on muscle tissue, it will be go muscle, not really show muscle, and ripped abs are not a consideration. I can think about no better true to life testimonial to the precepts and prescriptions that are available in these web pages. One must focus on intensity. The reserve is long. If you read a page every day, on a leap calendar year, you would still want until January 2nd of the following year. for dear lifestyle. Jonathan and Andy do a congrats of articulating all of the reasons for why barbell teaching is something you need. Dr." Great book and resource I must say I enjoyed this publication and would recommend it to anybody in the 30-60 year old range.D. and Beginning Power coach.Barbell Prescription combines the information within SS and PPST while filtering out the info that only pertains to high school/college football players and competitive powerlifters and Olympic lifters. If you want to understand the single easiest way to improve your odds of fighting off ageing (though, again, not prolonging life), this book is for you personally. And I believed every term of it.The book is split into three parts: Why, What and How.Why? Why should master sportsmen (those over 40) attempt a fitness program dominated by strength and weightlifting? Speaking from knowledge, almost all globo-gym personal trainers are clueless on the safe and effective efficiency of the lifts shown in this publication. Sullivan meticulously makes a case that is hard to argue with by enough time you are completed. This is not for the faint of heart. There is science right here. Decisions are powered by data. Even though many fitness programs cherry pick a person study, this

reserve compares them across period and methodically. You receive a base knowledge of cellular biology and how the body actually uses energy (anyone remember the Krebs Routine from AP Biology?) Nevertheless, while there is science, and lots of it, you are walked through with practical analogies and humor. There are no equations to master, but there are principles to embrace. 30's cause you will be in your 40's before very long (and start now as the body will still work with you) and anybody older because I believe this does work. Advanced programming is also discussed for those very few noncompetitive athletes that might need it. The rules here will be extremely familiar to whoever has read the idiomatic tome upon this, Mark Rippetoe's "Starting Strength". Instead of duplicating the detail within that excellent publication, "Barbell Prescription" summarizes the main element factors of the lifts. Crucially, Sullivan and Baker explain how to change these exercises for masters sportsmen. For example, how do you deal with someone who cannot press because of a shoulder injury from years ago? How can you change the squat to allow progress when hip versatility is compromised? What alternate exercises is it possible to program and still allow strength to improve?. Do not purchase without buying Rippetoe, Starting Strength. But do you wish to live better? The insights of the book are how to apply programming for lifters in middle age group and beyond. Volume may be the enemy of age group. What will you get? Familiar programs such as Starting Power or the Texas Methods are adapted for the unique issues that the decline of our body's ability to fix itself impose. What is not good in this book? I am a 52 year old guy and a CSCS (for what that's worthy of) with ten certifications and seminars under my belt (the Starting Strength Seminar was hands-down the best), and a voracious reader of health and fitness books. However, fifty percent of the tables in the development section are in the original notation (weight-reps by pieces) and the spouse are strangely reversed (weight-units by reps). It is very confusing and detract from what is an otherwise outstanding reserve. My only other quibble is that I'd have liked to visit a little more in the nutrition section. no wait. This is not targeted at the aging body builder. Sullivan himself on web page 78, "I am your physician, and a physiologist, but most importantly, I am a Masters Athlete. The material in the last six chapters is not only a nerdist or professional abstraction to me. It's personal. I've no intention of going quietly. I am committed to growing old with as much strength, vigor, and function as I possible can. I am to cling to every muscle cell, just of bone tissue, every in . of my range of motion, every iota of functional independence. How? It was kind of astonishing. This is not "bro-science". Sullivan is an authorized M. What? If you're in your 60's and haven't started training yet, go for it, but maybe get yourself a coach instead to make sure you work inside your capabilities, etc. I've for a while now had a lot of thoughts on aging and the need to build muscle. The endnotes run for 38 pages.. Strong medicine, with an

incisive bedside manner Two initial disclosures. However, this is fundamentally a publication on the exercises, and moreover, why you need to do them, when compared to a topic that probably requires its book to do it justice. That is a book for beginners who are actually above age 40.. that you should perform as you age group from a physical/mental and general health perspective. A lot of great useful details. The starting routine can be pretty much everything you see in Starting Strength and you may benefit from getting that too publication too along with finding an excellent (Starting) strength training coach if feasible to teach the lifts. Great Book about Body Development Excellent book. A whole lot of what they state is stuff I've encountered in a variety of articles, etc but this packaged up extremely neatly (but probably a little too outrageous) summarizes why strength training is your fountain of youth or at least a way to living out your remaining years in quality style. The authors make a very convincing case that basic strength training - yes, the kind of strength training that 17 yr old athletes do - may be the most effective medicine possible for improving yourself as you age. Great reserve, but requires companion book Very helpful book for the elderly beginning weightlifting, giving theory, exercises, and programming. Understanding what exercises to accomplish is definitely a matter of simple practice, but *schooling* requires their use in a disciplined and rational program based on manipulating the proper variables (whether volume or intensity) for the level of the athlete. You need that for information on the exercises. Sullivan says that in the book and I agree. It'll save you time and discomfort, and help you show your trainer why you don't wish to research while squatting. Only one complaint; What to think about I like how the book is posted. What is good and what things to consider whwn generating for a program. Get fit after 40! If you are over 40 and you intend to learn the simplest way to workout for healthy aging this is actually the book for you. Be prepared to change your mind By enough time I completed this book, I understood why a 71 year old grandmother who can't walk will benefit more from barbells than a 17 year old football participant.. If you would like to occasionally have a laugh or wry smile at the incisive composing and wit, this book is for you. Well well worth your time reading it and also its cost. This completely reverses the stereotypical idea that lifting weight is only for young men who already are big and trying to get larger. The most logical reason to train for strength is actually to conquer weakness. We lose strength as we age. He could hardly walk in when he started. After all ... it makes a lot of sense. Right now, the man on the cover looks like he's been training for years, but don't let that fool you. Ultimately, I'll leave you with what of Dr.. It lays out a sensible plan for how just about anybody can leverage methods that have traditionally been put on gaining athletic efficiency to improve their own health, no matter their age. Great buy Very well written and comprehensive. Strongly suggested!



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