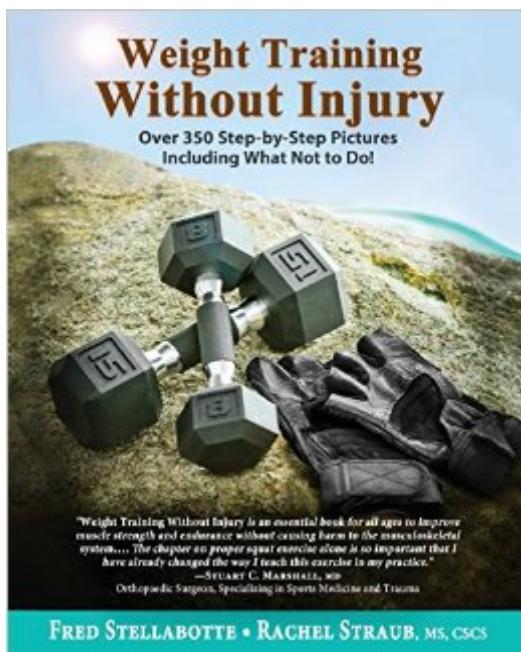


The book was found

Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not To Do!



Synopsis

The exercise will never hurt you--only improper form causes injury. Master the essentials of proper weight training and be safe while performing the squat, lunge, leg press, lat pulldown, reverse fly, bench press, chest fly, shoulder press, shoulder raise, biceps curl, triceps extension, plank, and more! With over 350 full-color, step-by-step photos, Weight Training Without Injury's unique, revolutionary approach teaches right from wrong at every step with meticulous attention to detail. Stellabotte and Straub's mission is simple: to enable you to master proper form and prevent injury when lifting weights. This book blends 50 years of experience and success with current scientific research (over 90 peer-reviewed publications are referenced)--all explained simply and organized in a clear format that is easy to follow. The techniques learned here can be applied to exercises found in any bodybuilding, strength training or resistance training manual or program, making Weight Training Without Injury indispensable for the beginner, the seasoned gym goer, and the professional trainer.

Book Information

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Customer Reviews

I was very curious to read this book because I was a weight trainer (free weights) and a Nautilus Instructor years ago. The emphasis at the time was on form. I had really enjoyed that, as it reminded me of the ballet lessons I took as a child. The other thing about weight training which I like is that it isn't a "sport" where you have to compete against anyone. Basically, you do it to help yourself feel good. This book will show you how you can safely weight train, and do it without injury. The first section designs your program. It lays out a choice of schedules for you, depending

upon what shape you are in. You are offered sample workouts for one to five days a week. This part may seem a bit confusing if you have never followed a weight training program. However, as the authors say, just chose the simplest schedule and you can't go wrong. The actual training will be really easy to follow. The photos are always there to guide you as well! Section II discusses (including pictures, which are plentiful throughout the book) every single exercise you will need for your legs, from squats to calf raises. The beauty part of this book is that the photos clearly show you the wrong way, and then the right way, to do each exercise. There are also numerous variations of the exercises, so that you can adapt them to your home situation (for example, you can do leg curls on a machine, or on a stability ball). Section III concerns your back. It begins with your lats and goes through dumbbell rows and ends with press-ups. I want to mention again that the photos in the book are terrific and will assist anyone to easily understand how to perform these exercises properly. Section IV is your chest.

"I received the product in exchange for an honest and unbiased review." To give you a bit of a background, I have been working out consistently for almost ten years. I have talked to many trainers and have read many publications, both online and print, in my search to customize the workout that's right for me. I was offered a chance to check this book out for a review and I decided "why not, maybe it has a few things I haven't seen before." I will say that I would have gladly paid for this book, it is worth it. I would regard myself as an intermediate weight trainer (according to how it is defined in the book). I lift 3, sometimes 4 days a week and my workouts are typically an hour long (in addition, I do cardio 7 days a week). I have a timer on my phone to time myself between sets so I make sure I'm not in la la land. What's nice about this book is that there are multiple program choices for each level (novice, intermediate, and advanced). There are split programs (work different muscle groups on different days) or full programs (all muscle groups on the same day, not lifting on consecutive days in this instance) for the different numbers of days per week so you have a huge amount of flexibility depending on your schedule. Explanations are not full of jargon . . . any layman can understand and appreciate it. In addition to worded explanations, there are numerous photographs and charts to give you visuals. This is critical to insure that exercises are done properly so that you don't injure yourself (the authors even specify some of the common incorrect ways people perform a certain exercise).

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