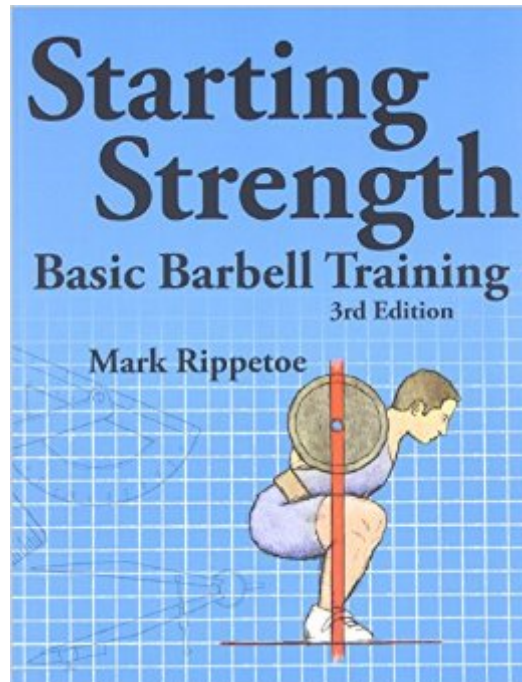


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# Starting Strength: Basic Barbell Training, 3rd Edition



## Synopsis

Starting Strength has been called the best and most useful of fitness books. The second edition, Starting Strength: Basic Barbell Training, sold over 80,000 copies in a competitive global market for fitness education. Along with Practical Programming for Strength Training 2nd Edition, they form a simple, logical, and practical approach to strength training. Now, after six more years of testing and adjustment with thousands of athletes in seminars all over the country, the updated third edition expands and improves on the previous teaching methods and biomechanical analysis. No other book on barbell training ever written provides the detailed instruction on every aspect of the basic barbell exercises found in SS:BBT3. And while the methods for implementing barbell training detailed in the book are primarily aimed at young athletes, they have been successfully applied to everyone: young and old, male and female, fit and flabby, sick and healthy, weak and already strong. Many people all over the world have used the simple biological principle of stress/recovery/adaptation on which this method is based to improve their performance, their appearance, and their long-term health. With over 150,000 copies in print in three editions, Starting Strength is the most important method available to learn the most effective way to train with barbells -- the most important way to improve your strength, your health, and your life. -- Why barbells are the most effective tools for strength training. -- The mechanical basis of barbell training, concisely and logically explained. -- All new photographs and improved illustrations of all the lifts, and the biomechanics behind them. -- Complete, easy-to-follow instructions for performing the basic barbell exercises: the squat, press, deadlift, bench press, power clean, and the power snatch. -- Revised instruction methods for all six lifts, proven effective in four years of seminar, military, and group instruction. -- How the human body adapts to stress through recovery, and why this is the foundation of the development of strength and lifetime health. -- How to program the basic exercises into the most effective program for long-term progress. -- Completely indexed. -- The most productive method in existence for anyone beginning a strength training program.

## Book Information

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## Customer Reviews

I'd recommend this book for just about everybody who lifts weights. Beginners can greatly benefit from it to learn good form right off the bat. Experienced lifters might also want to check it out because, a) there's always more to learn, and b) your form might not be as good as you think it is. So what's the book about anyway? Well, the Cliff Notes version is that it's a book on how to lift weights PROPERLY using a barbell. A few details:-the book spends a lot of time discussing the details of all the basic barbell exercises, such as the squat, the bench press, the deadlift, the press, and the power clean. As you might have guessed, the book devotes a whole chapter to each movement. For instance, the squat is discussed on pages 8-63, while the bench press is discussed on pages 66-102- I give you the page numbers to show you how in depth the book goes into each exercise-you'll learn a lot of details that are often times neglected, such as grip, and the placement of other body parts that are indirectly used during an exercise. As an example, the book spends about 4 pages discussing foot placement during the bench press exercise.-the book is filled with pictures and diagrams. In fact it's hard to find a page that doesn't have one picture or diagram on it.-the book does also cover "useful assistance exercises" as well, such as chin-ups, dips, rows, barbell curls, etc. The book ends with a nice section that talks about a lot of "miscellaneous" things, things such as the order of doing exercises, warm-up sets, nutrition, soreness and injuries, etc. As you can see, this is a pretty detailed and comprehensive book, a book I think all weight lifters, beginners and experienced, will get a lot out of.

There is a lot to say about this book. Some will love it, and others will be bewildered by it. Hopefully this review will enable you to make a more informed decision before buying it. Pros:\* The author has a very fine grasp on anatomy, and when he explains the lifts, he goes into great detail in his explanations to tell you why you should lift in one way vs. another. For instance, he advocates arching your back hard when performing a bench press to increase the angle of the attack of the pecs. Likewise, he spends a GREAT deal of time explaining that the arms should NOT hang plumb in a deadlift, since, if the shoulders are forward of the bar, this enables the traps to be perpendicular

to the humerus and maximize the force of their isometric contraction. You need not be concerned with these particular details while reading this review, but be aware that Rippetoe will spend considerable amount of time talking about them.\* Rippetoe is extremely thorough. He talks in great length about every aspect of the lifts, including stance, breathing, grip, neck position, and so forth. Each small aspect of the lift is expanded in great detail, with large discussions about why altering that aspect might adversely affect the lifting efficiency or safety.Cons:\* There are not enough illustrations to adequately demonstrate all the body parts and their relationships that Rippetoe speaks about in the text. There are many \*photos\*, but you need \*illustrations\* for the muscles and ligaments. For instance, I have several times read the section on shoulder impingement in the chapter on the bench press, but the one or two illustrations do not, in my opinion, adequately demonstrate this. You may say, "Yeah, but who cares?"

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