



A Practical Approach To Strength Training, 4th Ed

By Matt Brzycki

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This fourth edition of *A Practical Approach to Strength Training* is a long-awaited update of the classic book that has been a widely used resource in the fitness industry, selling nearly 35,000 copies. Many of the chapters have been overhauled with the latest information on strength and fitness; new chapters have been added, including ones on anaerobic training, metabolic training, flexibility training, power training, weight management and several on nutrition.

The book is 336 pages with more than 135,000 words and 300 photographs and describes nearly 100 exercises that can be done with free weights, machines and manual (partner) resistance. The year 2014 will mark the 25th anniversary of its initial publication.

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Editorial Review

Review

"[This book] is a comprehensive addition to anyone's strength training library....and once you add this one, you can probably toss out a few of the ones on some of your shelves."

Ed Cicale

Athletic Strength and Power

Cincinnati, OH

"In my opinion, this book is a must-have in the fitness library of anybody who is serious about strength training."

Dave Durell

High Intensity Nation

Clearwater, FL

"[Brzycki] presents sometimes complicated information in an easy to understand style that makes this book accessible and appropriate for the lay public, people in the field, and possibly as a textbook for a college level class. That, by itself, is quite an accomplishment."

Richard Winett, Ph.D.

Virginia Tech

Blacksburg, VA

From the Author

In 1984, I started writing articles for magazines. After a while, my plan was to write articles such that I could later re-write them as chapters and then organize them into a book. By 1988, I had stockpiled enough articles to form the backbone of a book. Around the middle of the year, I sent a book publisher a proposal for *A Practical Approach to Strength Training*. I soon learned that getting an article accepted for publication in a magazine was much easier than getting a manuscript accepted for publication as a book. My first five proposals to publishers were rejected. In late January 1989, I sent out one more proposal. I decided that if it resulted in a sixth rejection letter, there would be no more attempts. The proposal was accepted and, as they say, the rest is history.

In 1991, I wrote a second edition which wasn't much of a change from the first edition. For the most part, I re-wrote some of the content, corrected a few mistakes and added a little new material but, again, it wasn't much of a change. Although the first two editions sold nicely and were generally well accepted, they were criticized by some for being too anecdotal without much in the way of scientific support. In 1994, I decided to answer the critics with a third edition that focused on the relevant research. That edition - published in 1995 - was quite different from the first two. For one thing, the third edition was much larger, in format as well as content, going from 7 x 10 and about 40,000 words to 8.5 x 11 and about 90,000 words. Second, there was a greater emphasis on research. Unfortunately, the book was so research-based that it was somewhat difficult to read.

A lot has happened in the industry since that third edition came out 17 years ago. So I had nearly two

decades of catching up to do. One of the great things about working at a university - at least from my perspective - is free, on-line access to dozens of peer-reviewed journals. Having this type of research literally at my fingertips was a tremendous help in doing the fourth edition.

This new edition has given me the opportunity to fill in the gap, so to speak, with everything that's gone on in the fitness industry during the past 20 years or so. It has also allowed me to revise old content, add new content and correct what I thought was a huge shortcoming of the third edition and that was the writing style. This fourth edition is a much easier read with a more conversational and less "militant" tone yet still has a strong reliance on the scientific research. And despite what the title suggests, this book goes way beyond strength training; it's really more of an all-around fitness book.

From the Inside Flap

TABLE OF CONTENTS

Acknowledgements

- 1 Basic Anatomy and Muscular Function
- 2 The Physiological Basis of Physical Training
- 3 Genetics and Strength Potential
- 4 Strength Training
- 5 Strength Training for Females
- 6 Strength Training for Youths
- 7 Strength Training for Older Adults
- 8 Free-Weight Exercises
- 9 Machine Exercises
- 10 Manual-Resistance Exercises
- 11 Designing and Varying the Strength Program
- 12 Rehabilitative Training
- 13 Flexibility Training
- 14 Aerobic Training
- 15 Anaerobic Training
- 16 Metabolic Training
- 17 Power Training
- 18 Skill Training
- 19 Nutritional Training
- 20 Nutritional Supplements
- 21 Nutritional Quackery
- 22 Weight Management
- 23 A Primer on Steroids
- 24 Strength and Fitness Q&A

Appendix A: Summary of Free-Weight Exercises

Appendix B: Summary of Machine Exercises

Appendix C: Summary of Manual-Resistance Exercises

About the Author

Users Review

From reader reviews:

Dolly Taylor:

Do you have favorite book? For those who have, what is your favorite's book? Reserve is very important thing for us to understand everything in the world. Each publication has different aim as well as goal; it means that reserve has different type. Some people truly feel enjoy to spend their the perfect time to read a book. They are really reading whatever they have because their hobby will be reading a book. What about the person who don't like reading a book? Sometime, man or woman feel need book whenever they found difficult problem or exercise. Well, probably you'll have this A Practical Approach To Strength Training, 4th Ed.

Mark Vandyke:

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Justin Mireles:

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