

Starting Strength: Basic Barbell Training, 3rd edition

By Mark Rippetoe

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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.

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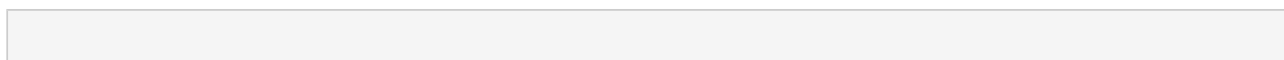
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Editorial Review

About the Author

Mark Rippetoe is the author of Starting Strength: Basic Barbell Training, Practical Programming for Strength Training 2nd edition, Strong Enough?, Mean Ol' Mr. Gravity, and numerous journal, magazine and internet articles. He has worked in the fitness industry since 1978, and has been the owner of the Wichita Falls Athletic Club since 1984. He graduated from Midwestern State University in 1983 with a Bachelor of Science in geology and a minor in anthropology. He was in the first group certified by the National Strength and Conditioning Association as a CSCS in 1985, and the first to formally relinquish that credential in 2009. Rip was a competitive powerlifter for ten years, and has coached many lifters and athletes, and many thousands of people interested in improving their strength and performance. He conducts seminars on this method of barbell training around the country.

Users Review

From reader reviews:

James Blouin:

Have you spare time for any day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a move, shopping, or went to the actual Mall. How about open or even read a book eligible Starting Strength: Basic Barbell Training, 3rd edition? Maybe it is being best activity for you. You recognize beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with their opinion or you have some other opinion?

Todd Jacob:

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Robert Stitt:

Starting Strength: Basic Barbell Training, 3rd edition can be one of your starter books that are good idea. We recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to put every word into satisfaction arrangement in writing Starting Strength: Basic Barbell Training, 3rd edition however doesn't forget the main place, giving the reader the hottest as well as based

confirm resource details that maybe you can be one of it. This great information may drawn you into new stage of crucial contemplating.

Otis Key:

In this age globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The actual book that recommended for you is Starting Strength: Basic Barbell Training, 3rd edition this book consist a lot of the information from the condition of this world now. This kind of book was represented just how can the world has grown up. The language styles that writer use to explain it is easy to understand. Typically the writer made some investigation when he makes this book. Here is why this book suitable all of you.

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