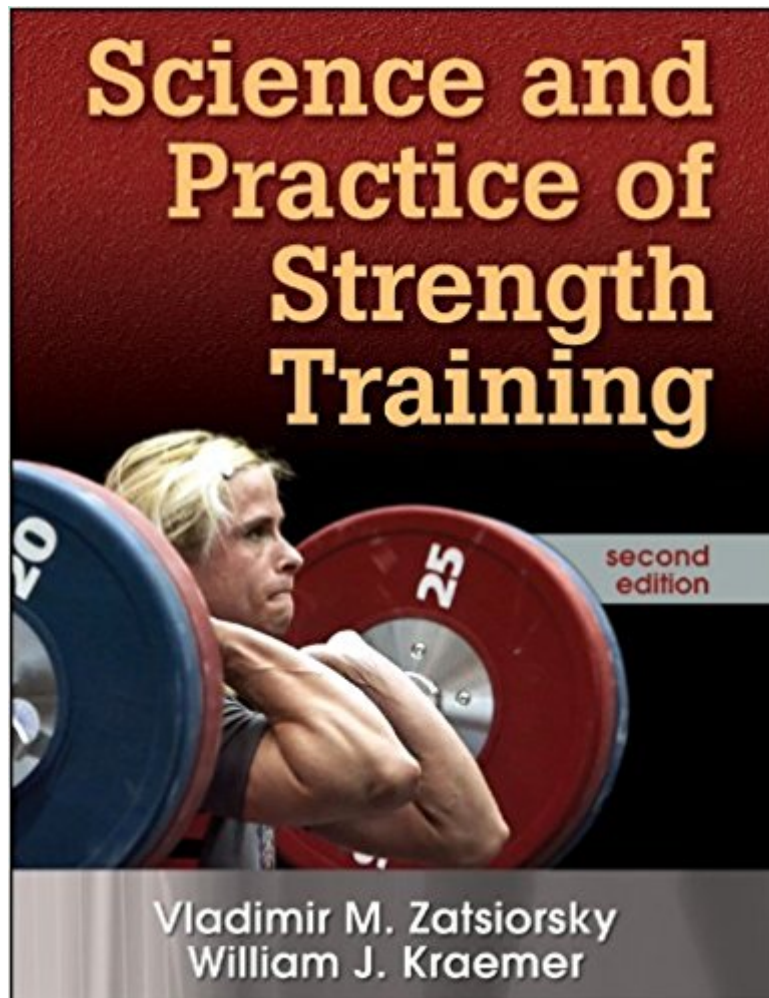




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# Science And Practice Of Strength Training, Second Edition



## Synopsis

This new second edition of *Science and Practice of Strength Training* comes with many additions and changes. A new coauthor, Dr. William Kraemer, joins Dr. Vladimir Zatsiorsky in expanding on the principles and concepts needed for training athletes. Among Dr. Kraemer's contributions are three new chapters targeting specific populations—women, young athletes, and seniors—plus the integration of new concepts into the other chapters. Together the authors have trained more than 1,000 elite athletes, including Olympic, world, continental, and national champions and record holders. The concepts they divulge are influenced by both Eastern European and North American perspectives. The authors integrate those concepts in solid principles, practical insights, coaching experiences, and directions based on scientific findings. This edition is much more practical than its predecessor; to this end, the book provides the practitioner with the understanding to craft strength training programs based on individuals' needs. *Science and Practice of Strength Training, Second Edition*, shows that there is no one program that works for any one person at all times or for all conditions. This book addresses the complexity of strength training programs while providing straightforward approaches to take under specific circumstances. Those approaches are applied to new physiological concepts and training practices, which provide readers with the most current information in the science and practice of strength training. The approaches are also applied to the three new chapters, which will help readers design safe and effective strength training programs for women, young athletes, and seniors. In addition, the authors provide examples of strength training programs to demonstrate the principles and concepts they explain in the book. The book is divided into three parts. Part I focuses on the basis of strength training, detailing concepts, task-specific strength, and athlete-specific strength. Part II covers methods of strength conditioning, delving into training intensity, timing, strength exercises, injury prevention, and goals. Part III explores training for specific populations. The book also includes suggested readings that can further aid readers in developing strength training programs. This expanded and updated coverage of strength training concepts will ground readers in the understanding they need in order to develop appropriate strength training programs for each person that they work with.

## Book Information

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## Customer Reviews

"It's now in its second edition and it's a great book. Here's why. The authors have combined Eastern European and North American resistance training practices to present a truly global perspective on current theories on how athletes should train. Compared to the first edition, this edition is much more practical." "Bigger Faster Stronger"

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Product is a textbook on the bodies adaptation to training. As such is a dense read and will take multiple read throughs to understand like many texts. This book covers everything between the relationship of maximal and relative strength, the role of tendons and biomechanics in movement. And differentiated the styles of micro and mesocycle training used. I consider this the most important book in my kinesiology library and a go to book whenever I am devising a new training program. \*\*An important note is this book will not teach you training programs, nor specific exercises, the best way to use it, is to check your micro and meso cycles for optimal recovery time, and the line up you use for your exercises to best meet your goals and avoid under/over training.

The very best "strength training" book. Not your fluffy pumped up muscle mag.

William Kraemer is one of the foremost researchers on strength and conditioning in the US and Zatsiorsky is a sport scientist molded in the former Soviet system, the result is a book that is heavy

on the science of how the body adapts to strength training without any of the faddish nonsense by books written for consumers. If you want to know how muscles adapt to strength and power training and how to develop proper strength-training programs based on years of science, then buy this book now. If you have been introduced to strength training via crossfit then definitely buy this book to find out how to apply the actual science behind strength training; many of Glassman's original principles are based on the Soviet system (let's face it, anybody serious about strength training can trace their roots back to eastern european and soviet-era research) and this book does an excellent job of explaining how adaptations occur. This book is one of my 'go-to' references when writing articles or developing talks on strength training. It doesn't provide sample programs, but instead does provide the information on how to develop your own programs. It's not written for the typical fitness consumer, so be prepared for a science-laden text. For any serious student of performance training this book is another 'must-have' for the library.

How often do you say - WOW. When reading a textbook?? Well, if you are really into strength training, this literature will bring you a new and fuller understanding of just what it is and how it is done. This should be on the book shelf of all lifters and body builders, along side of Bill Pearl's books. This is not going to give you specific exercises for like building your biceps, Bill Pearl's books do that in spades. No, this book built on the latest science and on the author's years of training olympic/international champions is a rare mix of the two. I had expected that there would be kinestics pics galore showing all of the exercises, etc. But to my pleasant surprise it was more on the sciences; biological, neurological; physical chemistry, mental conditioning and in the "real world" what works and does not!! It blew away some of my closely held falacies and replaced them with research and actual training methods that are proven to work. I have termed it a textbook which might offend the authors, but it seemed appropriate as it reads in many sections like a text book. Replete, with formulas, math, graphs; enough to make any of us reach for the Excedrine. I found that once well confused, I would just skip ahead and there I was pleased to find softer examples and illustrations that reflected back onto and made more understandable the "textbook" stuff. The knowledge and training methodology(s) gave me a Quantum leap forward into understanding my rate(s) of progress and how to keep on pressing toward the mark without burn out, plateaus, injuries, etc. I have totally revamped my strength conditioning program to mirror and include the book's knowledge. I am gaining more, with less time spent at the gym - that alone is worth the cost of this book. The only negative is why this book was not around when I was peaking ! I can not turn the clock back, and I am now only 5 months into a return to the gym, and at 65 in better strength

now than my body building program of 5 days a week at 40!

This one of the essential texts for those interested in Strength and Conditioning, and more specifically the science behind programming and training for progress. There is enough information online on just what this book covers so I won't summarize it here. But I would highly recommend it. It is not quite as dense and academic as "Supertraining" but does involve much more real science than most other texts. The references pull from a wide body of research from a variety of sources.

It's a reasonable introduction to resistance training. If you want to have a basic understanding of strength training, then this book is great. If you already got a good grasp on the basics, then you might want to consider some other text.

Absolutely awesome. Must read for Phy. Ed teachers, strength coaches and personal trainers

Great book with a lot of scientific insight about strength training, it can get deep on the scientific side sometimes, but i think anyone that is serious about his coaching career should give this book a good read and should keep it on his/her personal library.

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