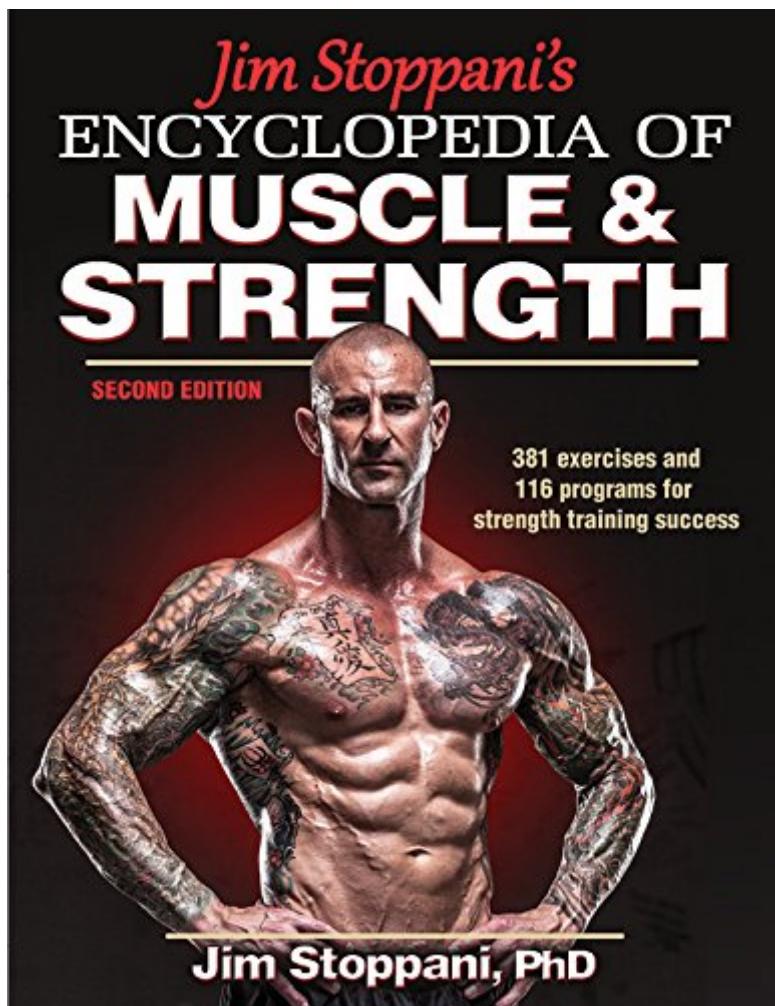


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Jim Stoppani's Encyclopedia Of Muscle & Strength, 2E



Synopsis

Finally, a research-based book that covers all facets of optimizing the development of muscle and strength. Jim Stoppaniâ™s Encyclopedia of Muscle & Strength, Second Edition, is a comprehensive training guide and reference that providesâ¢ definitions of key terms and concepts;â¢ evaluations of equipment options, including TRX, BOSU, and kettlebells;â¢ explanations of the role and importance of each muscle group;â¢ latest nutrition information for losing fat and increasing muscle mass;â¢ presentations of the best exercises, including body weight, for adding strength and mass; andâ¢ descriptions and examples of many types of workouts and programs and their effects. Choose from 381 exercises presented for 13 muscle groups and the whole body. Proper technique for each exercise is tailored to the type of resistance used, be it free weights, weight machines, or body weight. Plus, each of the 116 training programs is rated according to workout duration, the projected time frame for achieving measurable results, level of difficulty, and overall effectiveness. Past Muscle & Fitness senior science editor Jim Stoppani covers each topic in detail. His advice will help you conquer any problem or plateau you encounter. So build your knowledge base to build a better body. Jim Stoppaniâ™s Encyclopedia of Muscle & Strength is the ultimate resource for pinpointing and achieving the results youâ™re seeking.

Book Information

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Customer Reviews

Strong work from a knowledgeable author on the secrets of strength and mass gains for the male or female body-builder, multi-sport athlete, or one who seeks general fitness. I encourage a potential buyer to try the sample (Kindle) to review the expansive Table Of Contents, and read the first two provided chapters to enjoy the quality of writing--a true pleasure to read--and to appreciate the overall content of this book. Some might be reluctant to purchase the book for \$15, but, with no advertising, no BS, just straight science-backed information, this nearly 600-page tome has the "meat" of at least 30 bodybuilding magazines--maybe more. Lovely and worthwhile to find it all in one place. I appreciate that Jim has a science background (even if this fact is over-touted online, in particular the kitschy test tubes and food-colored water on some of those videos--silly!), but there is no questioning the fact that he backs up his opinions with facts in this encyclopedic book. Most books, including classic such as Arnold's encyclopedia, are anecdotal evidence based on the one man's experience. While Stoppani does share his experiences, it is refreshing to find actual citations to scientific studies within the text; the author appears to be a man on a mission to find scientific truths, rather than relying on anecdote or myth. Finally, I can attest that this book (other than the first fifty pages or so) is not a simple re-hashing of basic information that anyone who has hung out at a gym for three-months would know; it is an advanced program of fitness routines, specific exercises, and nutritional advice for those who already know the basics, but who want to take it to the next level. Pleased with the purchase.

This is a research-based book backed by science. It covers all facets of optimizing the development of muscle and strength. It includes 381 exercises presented for 13 muscle groups and the whole body. You'll discover proper technique for each exercise that is tailored to the type of resistance used, including free weights, weight machines, and body weight. I find the book different from other current offerings in that it has designed programs for building strength, mass and losing fat. Of course, the essentials are fully covered so you get the basics as well as specific guidance according to your own needs. If you're looking for a complete manual of strength, this is for you. You can't go wrong getting a copy of this new edition.

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