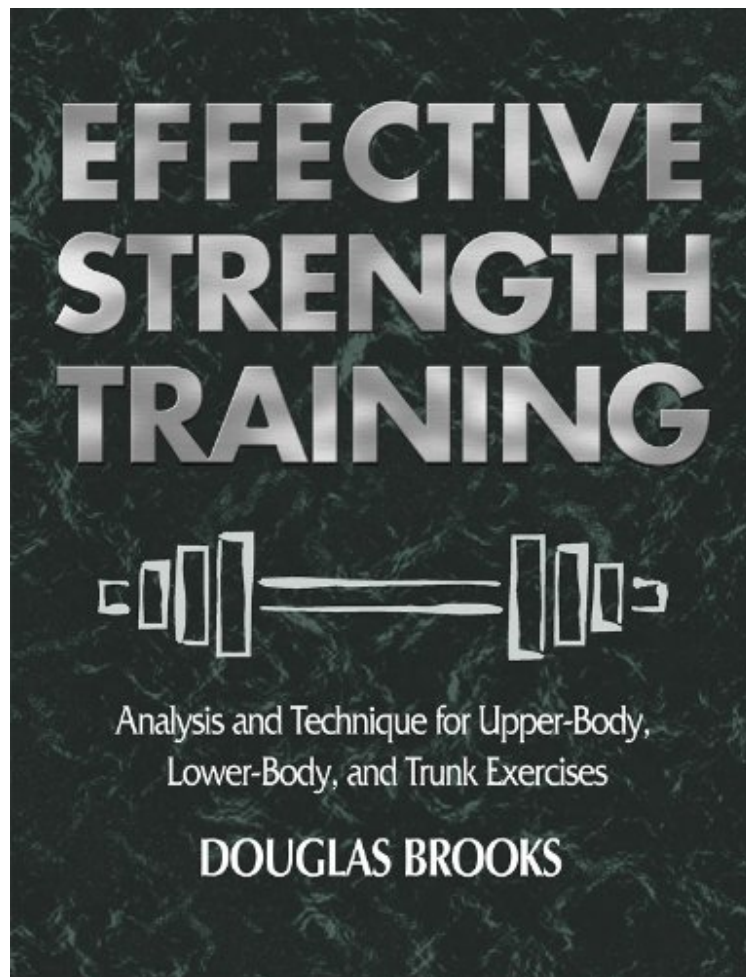


(Mobile book) Effective Strength Training: Analysis and Technique for Upper-Body, Lower-Body, and Trunk Exercises

Effective Strength Training: Analysis and Technique for Upper-Body, Lower-Body, and Trunk Exercises

Douglas Brooks

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Douglas Brooks : Effective Strength Training: Analysis and Technique for Upper-Body, Lower-Body, and Trunk Exercises before purchasing it in order to gage whether or not it would be worth my time, and all praised Effective Strength Training: Analysis and Technique for Upper-Body, Lower-Body, and Trunk Exercises:

32 of 33 people found the following review helpful. Effective Indeed!By John SkoglundThe information in this book is far more worth the dollar value. Mr. Douglas is a talented writer and extremely wise man. The book's focus is on correct lifting technique, with a few pages discussing program design. It is similiar to Muscle Mechanics by Everett Aaberg, but describes more excercises. It also debunks many resistance training myths and explores the use of high-risk excercises and their appropriateness. The "10-step any exercise drill" will help you choose the right excercises.I

highly recommend this book to anyone who resistance trains, and wants to do it effectively, safely, and for many years to come. Check out his other books if you want expert advice on training.0 of 0 people found the following review helpful. Like new!By Runner31This book was like new. Doesn't even look like it's been used. I loaned this book out and didn't get it back. I love it so much that I had to get a new copy! Great tips for anyone!1 of 3 people found the following review helpful. Effective Strength TrainingBy CustomerIt was a book I needed for a class-I recommend it for anyone that wants to start or improve there weight lifting program

With expert analysis of technique for more than 100 resistance training exercises, *Effective Strength Training* is just the guide you need to ensure these exercises are performed correctly and with minimal risk. Drawing on the latest scientific principles and theories related to resistance training, *Effective Strength Training* provides the "how" and the "why" behind the proper performance of popular upper-body, lower-body, and trunk exercises. By understanding the purpose and correct form for each exercise, you can gain the full benefit each exercise provides and avoid injury. Whether you teach strength training or do it yourself, you'll find new and helpful information that you can put to use. Douglas Brooks, one of the top personal trainers in the United States, questions the safety of controversial exercises such as the upright row, dipping movements, cable exercises, and machine chest presses. After putting these exercises to the test of objective scientific evaluation, he then recommends valuable guidelines for safe use. *Effective Strength Training* also addresses high-risk situations where exercises fall short of safe biomechanical standards. If you're dealing with orthopedic limitations—such as knee or back problems—or challenging training goals, these solutions will help you make prudent, corrective modifications. Practical and to the point, this book also presents the latest information related to resistance training program design and defines and discusses topics such as training systems, periodization principles, and a continuum of training programs. *Effective Strength Training* is full of no-nonsense strategies and expert advice that will simplify the design and teaching of programs to meet the best interests of your clients or students. And, if you're a strength trainer yourself—especially if you're seeking certification by the International Weightlifting Association—this resource will help you successfully reach all your training goals.

About the Author Known as the "trainer's trainer," Douglas Brooks is acknowledged as one of the premier personal trainers in the United States and internationally. He's widely recognized through his numerous appearances on home shopping networks, infomercials, the Cable Health Club Network, and fitness videos. An ACE-certified personal trainer since 1983, Brooks is also the fitness training director at Snowcreek Resort and Athletic Club and the co-owner of Moves International, a provider of educational resources, continuing education, and live workshops for fitness professionals. Brooks has also authored *Going Solo: The Art of Personal Training* (a landmark publication written during personal training's infancy), *Program Design for Personal Trainers: Bridging Theory Into Application*, *Your Personal Trainer*, *The Complete Book of Personal Training*, and numerous educational manuals. He is active in many professional organizations, including IDEA—The Health and Fitness Source, the International Sports Trainers Association, the American College of Sports Medicine, and the National Strength and Conditioning Association. He also conducts lectures and workshops throughout the United States and internationally on the topics of personal training, strength training, kinesiology, and exercise physiology. Brooks enjoys fitness activities of all kinds. He is active as a cyclist, marathoner, Ironman triathlete, alpine and Nordic skier, in-line skater, rock climber, and mountaineer. He holds a master's degree in exercise physiology from Central Michigan University. Brooks, his wife, Candice, and their two sons live in Mammoth Lakes, California.