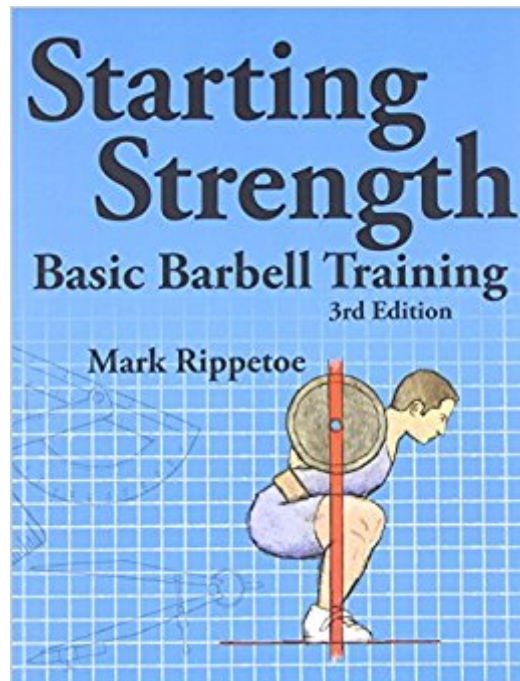




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# Starting Strength: Basic Barbell Training, 3rd Edition



## Synopsis

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.

## Book Information

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## Customer Reviews

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.

Excellent resource that has had an enormous impact on my quality of life. Combine this with the free Starting Strength podcast and instructional YouTube vids and you have your self a worthwhile education and practical application class. I put a rack and barbell in my garage and have been applying what I have been learning over the past 6 months. Bench was 195lbs for 5 reps and is now 245lbs OHP was 115lbs for 5 and is now 155lbs DL was 315lbs for 5 and is now 455lbs BS was 285 for 5 and is now 365lbs and all still climbing.. As an added benefit, I am not constantly hurting myself with bad form and having to take time to heal and thus lose gains. Also, I don't hurt when I get up in the morning. All this with previous C-Spine, knee and nerve damage injuries from three combat tours to Iraq.

With an internet full of "trainers" peddling fad-workouts, misinformation, and "get in shape quick" schemes, it can be very hard to know what to do in the gym. This book is the answer to that. It will teach you the lifts and methods that actually work, and the best way to do them, as determined by the author's 30+ years of experience working with beginners. He has seen what works, and has seen what does not work. If you want to start working-out, do yourself a favor and learn from Rip's

life-work. Read this book, and its companion, Practical Programming.

Not much programming in this book, but the discussion of the lifts and the benefits of barbell training are as good as I've come across in 18 years of lifting. I wish I would have come across this when I was starting out as it has helped me correct a lot of small defects in my form. Good for serious lifters and people who want to learn to lift for fitness.

This book is my bible for strength training. ten years of stuffing around got me stuff all gains. Then i read this book, completely changed what I was doing and improvements were immediate. If you want to get bigger or stronger, this book has to be your first port of call. Its an engineer's approach to training - do it this way and here are the bio mechanical reasons for doing it. Its good to go back to and check my technique, etc.

I'm a competitive marathon runner who decided to start lifting about eight months ago, and for the first few months, I just sort of did what I saw other guys doing in the gym. Being a novice lifter, I got some pretty decent gains rather quickly. About three months ago, a friend of mine who is an experienced lifter, recommended this book to me. The difference in the quality of my workouts and my resulting strength gains since I began the Starting Strength program is incredible. Mark Rippetoe does a fantastic job explaining (VERY in-depth) each of the lifts and how to get the greatest strength gains. Things such as equipment, nutrition, lifting schedules, and many of the wrong techniques that are often seen from other lifters are also addressed. There are many helpful diagrams and pictures that help illustrate the ideas too. One thing to be aware of though is that this book is essentially a college textbook. It's a fantastic tool, but it's not a book that you will just zoom through in a matter of hours. You will probably want a highlighter and a few weeks worth of free time to get through the entire thing. That being said, you will learn a ton and your strength will improve enormously. Note: Since starting med school, I haven't run any marathons. Lifting has been a great way to get some serious exercise with less serious time commitment (only 3 days/week). I'm not lifting to improve my running. In fact, I've gained 30 lbs in the past few months, so I bet I'm way slower.

This book is an excellent tool for getting started in the world of weightlifting and strength building. This book is all about building a great foundation and ensuring perfect form in the basic lifts. The author presents wealth of very specific information regarding the musculoskeletal mechanics of the major lifts, and the information is supported by rudimentary yet useful pictures and illustrations. The

book often veers into what will seem like "overkill" territory for most readers when it comes to the sheer amount of information it presents, but when it comes to learning proper form in the back squat and deadlift, a "less is more" approach is not what you want. Personally, I focused on the discussions of proper form and mechanics and discovered that my squat, deadlift, and press were in dire need of serious correction. The results speak for themselves, and I have been injury free for the past year. Starting Strength is exactly what it claims to be, a perfect starting point.

The book is very detailed and the program is wonderful. Having tried it for a few weeks i know that it works. I am giving it 4 stars because of a dearth of pictures/video links which i feel are absolutely necessary to get proper exercise form. It's hard to figure this out from words alone

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