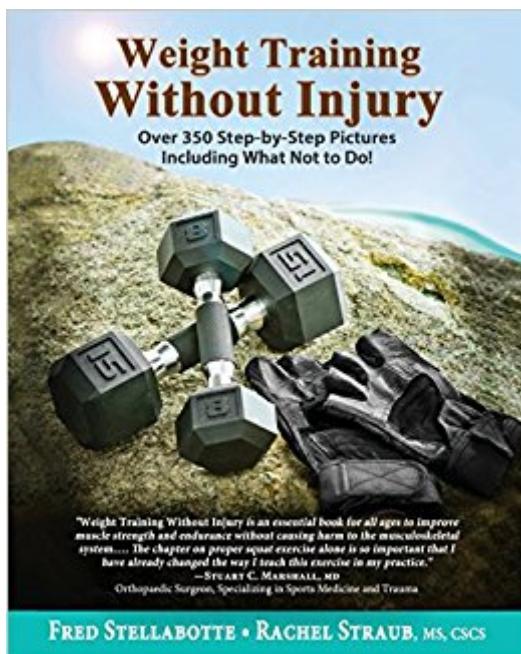


The book was found

# Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not To Do!



## Synopsis

The exercise will never hurt you--only improper form causes injury. Master the essentials of proper weight training and be safe while performing the squat, lunge, leg press, lat pulldown, reverse fly, bench press, chest fly, shoulder press, shoulder raise, biceps curl, triceps extension, plank, and more! With over 350 full-color, step-by-step photos, Weight Training Without Injury's unique, revolutionary approach teaches right from wrong at every step with meticulous attention to detail. Stellabotte and Straub's mission is simple: to enable you to master proper form and prevent injury when lifting weights. This book blends 50 years of experience and success with current scientific research (over 90 peer-reviewed publications are referenced)--all explained simply and organized in a clear format that is easy to follow. The techniques learned here can be applied to exercises found in any bodybuilding, strength training or resistance training manual or program, making Weight Training Without Injury indispensable for the beginner, the seasoned gym goer, and the professional trainer.

## Book Information

Paperback: 294 pages

Publisher: Regalis Publishing (January 1, 2016)

Language: English

ISBN-10: 0996263810

ISBN-13: 978-0996263818

Product Dimensions: 8 x 0.8 x 10 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (30 customer reviews)

Best Sellers Rank: #642,849 in Books (See Top 100 in Books) #7 inÂ Books > Sports & Outdoors > Miscellaneous > Sports Science #769 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

## Customer Reviews

I was very curious to read this book because I was a weight trainer (free weights) and a Nautilus Instructor years ago. The emphasis at the time was on form. I had really enjoyed that, as it reminded me of the ballet lessons I took as a child. The other thing about weight training which I like is that it isn't a "sport" where you have to compete against anyone. Basically, you do it to help yourself feel good. This book will show you how you can safely weight train, and do it without injury. The first section designs your program. It lays out a choice of schedules for you, depending

upon what shape you are in. You are offered sample workouts for one to five days a week. This part may seem a bit confusing if you have never followed a weight training program. However, as the authors say, just chose the simplest schedule and you can't go wrong. The actual training will be really easy to follow. The photos are always there to guide you as well! Section II discusses (including pictures, which are plentiful throughout the book) every single exercise you will need for your legs, from squats to calf raises. The beauty part of this book is that the photos clearly show you the wrong way, and then the right way, to do each exercise. There are also numerous variations of the exercises, so that you can adapt them to your home situation (for example, you can do leg curls on a machine, or on a stability ball). Section III concerns your back. It begins with your lats and goes through dumbbell rows and ends with press-ups. I want to mention again that the photos in the book are terrific and will assist anyone to easily understand how to perform these exercises properly. Section IV is your chest.

"I received the product in exchange for an honest and unbiased review." To give you a bit of a background, I have been working out consistently for almost ten years. I have talked to many trainers and have read many publications, both online and print, in my search to customize the workout that's right for me. I was offered a chance to check this book out for a review and I decided "why not, maybe it has a few things I haven't seen before." I will say that I would have gladly paid for this book, it is worth it. I would regard myself as an intermediate weight trainer (according to how it is defined in the book). I lift 3, sometimes 4 days a week and my workouts are typically an hour long (in addition, I do cardio 7 days a week). I have a timer on my phone to time myself between sets so I make sure I'm not in la la land. What's nice about this book is that there are multiple program choices for each level (novice, intermediate, and advanced). There are split programs (work different muscle groups on different days) or full programs (all muscle groups on the same day, not lifting on consecutive days in this instance) for the different numbers of days per week so you have a huge amount of flexibility depending on your schedule. Explanations are not full of jargon . . . any layman can understand and appreciate it. In addition to worded explanations, there are numerous photographs and charts to give you visuals. This is critical to insure that exercises are done properly so that you don't injure yourself (the authors even specify some of the common incorrect ways people perform a certain exercise).

[Download to continue reading...](#)

Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not to Do! Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog

training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight ... ... Guide to Weight Training for Sports, 18) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) Diabetes Diet: The Essential Guide: The Step By Step Guide To Reverse Diabetes® with over 350+ Delicious Recipes & One Full Month Diabetic Meal Plan (Diabetes Cure Cook Book) Making Water & Rock Gardens: Over 50 Techniques Shown In 350 Step-By-Step Photographs WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPoint™ (Weight Watchers Smart Point Recipes) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Mediterranean Diet For Beginners: Fast and

Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED  
(Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) 5:2 Diet: The Beginners  
Guide to Intermittent Fasting For Rapid Weight LossÃ  (with over 350+ Delicious Recipes & One  
Full Month Meal Plan,Fast your Way to Health)

[Dmca](#)