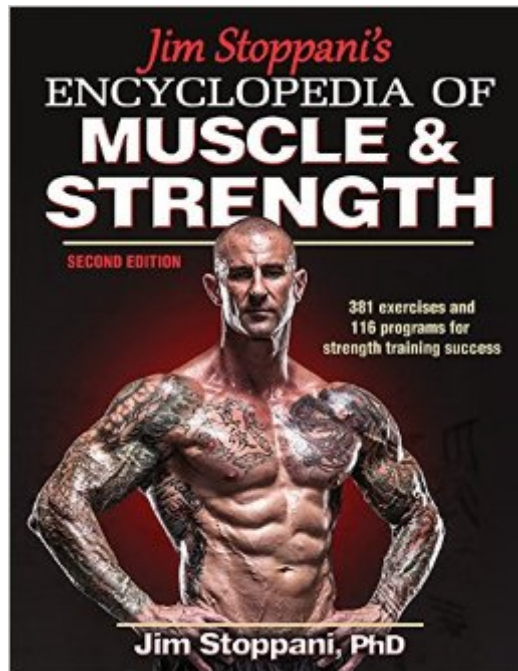


The book was found

Jim Stoppani's Encyclopedia Of Muscle & Strength-2nd Edition



Synopsis

Finally, a research-based book that covers all facets of optimizing the development of muscle and strength. Jim Stoppani's Encyclopedia of Muscle & Strength, Second Edition, is a comprehensive training guide and reference that provides

- * definitions of key terms and concepts;
- * evaluations of equipment options, including TRX, BOSU, and kettlebells;
- * explanations of the role and importance of each muscle group;
- * latest nutrition information for losing fat and increasing muscle mass;
- * presentations of the best exercises, including body weight, for adding strength and mass; and
- * 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 Stoppani's Encyclopedia of Muscle & Strength is the ultimate resource for pinpointing and achieving the results you're seeking. v

Book Information

Paperback: 584 pages

Publisher: Human Kinetics; 2 edition (October 17, 2014)

Language: English

ISBN-10: 1450459749

ISBN-13: 978-1450459747

Product Dimensions: 1.2 x 8.5 x 11 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (179 customer reviews)

Best Sellers Rank: #5,117 in Books (See Top 100 in Books) #5 in Books > Reference >

Encyclopedias & Subject Guides > Sports #13 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #153 in Books > Sports & Outdoors

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.

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

Jim Stoppani's Encyclopedia of Muscle & Strength-2nd Edition Jim Stoppani's Encyclopedia of Muscle & Strength, 2E The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Jim Murray's Whiskey Bible 2016 (Jim Murray's Whisky Bible) The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner

to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series Book 3) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination, 8e (Daniels & Worthington's Muscle Testing (Hislop)) Ultramodern Nutrition for Squash Teachers: Teaching Your Students Advanced RMR Techniques to Improve Hand Speed, Reduce Muscle Soreness, and Accelerate Muscle Recovery Exercises for Osteoporosis, Third Edition: A Safe and Effective Way to Build Bone Density and Muscle Strength and Improve Posture and Flexibility Vegan Bodybuilding and Nutrition: A guide on how to build muscle and gain strength while executing a vegan diet. Muscle Strength Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1) Youth Strength Training:Programs for Health, Fitness and Sport (Strength & Power for Young Athlete)

[Dmca](#)