

Starting Strength: Basic Barbell Training, 3rd edition

By Mark Rippetoe

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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.

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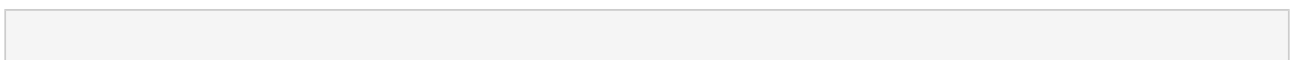
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Editorial Review

About the Author

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.

Users Review

From reader reviews:

Karen Strickland:

The experience that you get from Starting Strength: Basic Barbell Training, 3rd edition will be the more deep you rooting the information that hide into the words the more you get considering reading it. It doesn't mean that this book is hard to understand but Starting Strength: Basic Barbell Training, 3rd edition giving you buzz feeling of reading. The copy writer conveys their point in certain way that can be understood simply by anyone who read this because the author of this book is well-known enough. That book also makes your own personal vocabulary increase well. Making it easy to understand then can go together with you, both in printed or e-book style are available. We recommend you for having this kind of Starting Strength: Basic Barbell Training, 3rd edition instantly.

Juan McCain:

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Robert Maselli:

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