



A Practical Approach To Strength Training

Matt Brzycki

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A Practical Approach to Strength Training is a response to those seeking a safer, more efficient way to strength train. Matt Brzycki, Coordinator of Health Fitness, Strength and Conditioning Programs at Princeton University, examines all aspects of strength training--including specificity, high intensity training, explosive training and plyometrics, and offers advice on how to organize individual and group strength training programs. Featuring Nautilus, Universal Gym, free weight and manual resistance exercises, this revised edition also includes chapters designed for those teaching strength training courses at the high school and college levels. "*A Practical Approach to Strength Training* should be a staple for all coaches and athletes. This book deals with the facts and cuts through the myths and misconceptions of strength training." -- John Dunn Strength Coach, San Diego Chargers "*A Practical Approach to Strength Training* is an excellent book. (Its great value) is found on the chapters on how one actually applies the knowledge in the weight room. This is an extremely valuable book for practitioners in the strength training field." -- Kim Wood Strength Coach Cincinnati Bengals "This book is easy to read, yet loaded with relevant information for any strength coach at any level. It contains all the fundamentals for building a safe, efficient strength training program and belongs on the shelves of anyone who's interested in fitness." -- Shaun Brown Strength and Conditioning Coach University of Kentucky "In addition to providing sound information on sensible strength training, the text is presented in a very practical manner . . . and the emphasis on safety is obvious from start to finish. I am most impressed with the author's commitment to athletes and his willingness to take a stand on controversial subjects." -- Dr. Wayne Wescott National Fitness Advisor YMCA of the USA "Great reading for any teacher or coach. This book provides the most up-to-date conditioning information available." -- Dan Riley Strength Coach Washington Redskins

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