

A Practical Approach To Strength Training, 4th Ed

By Matt Brzycki

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This fourth edition of *A Practical Approach to Strength Training* is a long-awaited update of the classic book that has been a widely used resource in the fitness industry, selling nearly 35,000 copies. Many of the chapters have been overhauled with the latest information on strength and fitness; new chapters have been added, including ones on anaerobic training, metabolic training, flexibility training, power training, weight management and several on nutrition.

The book is 336 pages with more than 135,000 words and 300 photographs and describes nearly 100 exercises that can be done with free weights, machines and manual (partner) resistance. The year 2014 will mark the 25th anniversary of its initial publication.

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Editorial Review

Review
"[This book] is a comprehensive addition to anyone's strength training library....and once you add this one, you can probably toss out a few of the ones on some of your shelves."

Ed Cicale
Athletic Strength and Power
Cincinnati, OH

"In my opinion, this book is a must-have in the fitness library of anybody who is serious about strength training."

Dave Durell
High Intensity Nation
Clearwater, FL

"[Brzycki] presents sometimes complicated information in an easy to understand style that makes this book accessible and appropriate for the lay public, people in the field, and possibly as a textbook for a college level class. That, by itself, is quite an accomplishment."

Richard Winett, Ph.D.
Virginia Tech
Blacksburg, VA

From the Author
In 1984, I started writing articles for magazines. After a while, my plan was to write articles such that I could later re-write them as chapters and then organize them into a book. By 1988, I had stockpiled enough articles to form the backbone of a book. Around the middle of the year, I sent a book publisher a proposal for *A Practical Approach to Strength Training*. I soon learned that getting an article accepted for publication in a magazine was much easier than getting a manuscript accepted for publication as a book. My first five proposals to publishers were rejected. In late January 1989, I sent out one more proposal. I decided that if it resulted in a sixth rejection letter, there would be no more attempts. The proposal was accepted and, as they say, the rest is history.

In 1991, I wrote a second edition which wasn't much of a change from the first edition. For the most part, I re-wrote some of the content, corrected a few mistakes and added a little new material but, again, it wasn't much of a change. Although the first two editions sold nicely and were generally well accepted, they were criticized by some for being too anecdotal without much in the way of scientific support. In 1994, I decided to answer the critics with a third edition that focused on the relevant research. That edition - published in 1995 - was quite different from the first two. For one thing, the third edition was much larger, in format as well as content, going from 7 x 10 and about 40,000 words to 8.5 x 11 and about 90,000 words. Second, there was a greater emphasis on research. Unfortunately, the book was so research-based that it was somewhat difficult to read.

A lot has happened in the industry since that third edition came out 17 years ago. So I had nearly two

decades of catching up to do. One of the great things about working at a university - at least from my perspective - is free, on-line access to dozens of peer-reviewed journals. Having this type of research literally at my fingertips was a tremendous help in doing the fourth edition.

This new edition has given me the opportunity to fill in the gap, so to speak, with everything that's gone on in the fitness industry during the past 20 years or so. It has also allowed me to revise old content, add new content and correct what I thought was a huge shortcoming of the third edition and that was the writing style. This fourth edition is a much easier read with a more conversational and less "militant" tone yet still has a strong reliance on the scientific research. And despite what the title suggests, this book goes way beyond strength training; it's really more of an all-around fitness book.

From the Inside Flap
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About the Author

Users Review

From reader reviews:

Linda Pinkerton:

The ability that you get from A Practical Approach To Strength Training, 4th Ed could be the more deep you searching the information that hide in the words the more you get thinking about reading it. It doesn't mean that this book is hard to comprehend but A Practical Approach To Strength Training, 4th Ed giving you excitement feeling of reading. The article writer conveys their point in selected way that can be understood simply by anyone who read this because the author of this e-book is well-known enough. This book also makes your current vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having this specific A Practical Approach To Strength Training, 4th Ed instantly.

Noemi Burns:

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Cheree Rodriquez:

A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or playing video games all day long. In order to try to find a new activity here is look different you can read the book. It is really fun for you. If you enjoy the book that you just read you can spent all day long to reading a e-book. The book A Practical Approach To Strength Training, 4th Ed it is rather good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to create this book you can buy the actual e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to fund but this book features high quality.

Robert Lofton:

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