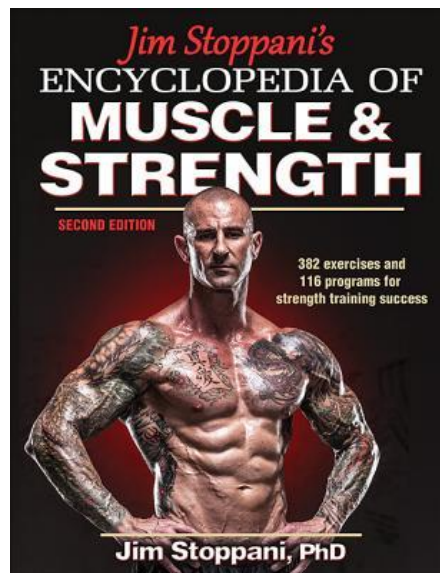




Jim Stoppani's Encyclopedia of Muscle & Strength

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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.

Jim Stoppani's Encyclopedia of Muscle & Strength Details

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From Reader Review Jim Stoppani's Encyclopedia of Muscle & Strength for online ebook

Justin says

Jim definitely seems to know his stuff. That being said, the book is mostly exercises plans and exercises. Since I didn't find the exercises too well described this wasn't too useful for me.

Joel Rivera says

Awesome

Go university of Houston coogs. F coach Herman too. Hope Texas loses again. And rockets will definitely take the warriors this year

Stephane says

This is the second edition, I bought it because my previous copy was falling apart after I logged it around in various gyms for years.

This is a pretty solid book. I am not sure that there is enough material added to justify getting this edition if you already own the first one. If you don't own it, know that there is also a pretty extensive section with tons of pictures about various movement, which will probably not be useful to a lot of people, except beginners. Having said that, I have seen people (and I have been guilty of it more than once) perform an exercise with wrong form during many years so it is never a bad idea to check your form once a while. Another new section is dedicated to nutrition. It is not extremely detailed for anybody who is very serious about it, but it provides a good place to start.

The writing is utilitarian, there is no joke, anecdote and the like, so don't expect to be entertained. But I have no doubt that any serious lifters will find the content in itself interesting enough.

If you are into bodybuilding, you would probably do better with Arnold's Encyclopedia of Bodybuilding. If you are really into powerlifting, maybe look to Rippetoe's books. If you are into Olympic lifting, well you can't learn that in a book anyways... But if you are into weightlifting in general this could be a great resource. There are tons (really, TONS) of programs, and the few that I ran worked well enough. There is also enough information for you to customize your own programs. It does have an encyclopedic feels to it and it quite lives up to its title.

Thus, to sum up, a great ressource for lifters of any levels. I got my money's worth and I expect you would as well.

Aleisha Zolman says

really great theory as to why you would do the workouts. then great workout schedules. also a good reason I might always want a personal trainer, as there are many ways to approach working with weights!

Mike says

This is serious textbook on strength training, and goes into meticulous detail about the current sports science on different kinds of exercises, how to make gains in various kinds of strength, muscle growth, and endurance, and pretty much everything you could think to ask about weight training.

It's actually not a book for someone like me who is barely an amateur at this stuff and certainly not an athlete. Still, I think I benefited from getting a glimpse into some of the current research, and just reading the first few chapters on the "basics" I have a better understanding of what I ought to be paying attention to in terms of proper arm ups, rest periods, and number vs. intensity of repetitions if you want to maintain or gain strength and avoid injuries.

The writing is fairly dry -- no anecdotes, few examples, and lots of detailed explanations and definitions -- so it reads like a textbook. There are short summaries at the end of the chapters, but they are not very helpful. Part of the problem of course is that there are no simple answers since so much depends on one's individual goals and abilities. The bulk of the book illustrates exercises and explains what muscles or muscle groups they use, but there are also chapters on nutrition (geared for bodybuilders) and other topics. The extensive bibliography and index are helpful and also remind the reader that is not some simplistic one-size-fits-all plan but a reference book. The author doesn't waste space trying to convince or motivate the reader to work out. This is all business, and aimed at athletes, so check this out if you are serious about weight lifting.

I got a free review copy of this book through the Goodreads "first reads" giveaway program

Adam says

I am a first reads recipient of this book. Once I get it and have a chance to read it I'll give a better review.

I've received the book. It is huge. It seems to be very impressive, so it is going to take some time for me to finish it. Once I do I'll write my review.

Jay says

This book goes into great detail in so many different subjects and topics . Everything someone could want to know to start training.

Virat Sharma says

The Bible of bodybuilding, period.

Mark Koester says

Very comprehensive and, as the title suggests, encyclopedic. Definitely a lot of ideas and concepts to return to. As a beginners to strength training it offered lots of good science, research and best practices.

Steve says

Disclaimer: I received this book through GoodReads.com First Reads program.

This book calls itself an encyclopedia, and it definitely lives up to its name. The sections cover Training Essentials, Training for Muscle Mass, Training for Maximal Strength, Training for Maximal Fat Loss, Training Exercises and Nutrition for Maximizing Muscle Mass, Strength and Weight Loss. Appendices cover metric equivalents for plates and a list of alternative foods. Lavishly illustrated and with many charts, every aspect of strength training is covered in explicit detail. Anyone who uses weight lifting for any reason using any kind of device(s) would do well to have a copy of this book on hand. I know I'll be using it as a reference for as long as I continue to lift weights and use resistance bands.

Stephen Cranney says

So much of what is written about bodybuilding and exercise in general is "bro science," or little anecdotes that people share around the water cooler about what works and what doesn't. As an academic researcher this always bothered me, since it shouldn't be too hard to write a literature review of bodybuilding. While not an exhaustive literature review by any means, Stoppani's is the most research informed how-to guide for bodybuilding. It was so refreshing to be able to cut through all the innuendo and get to what has actually been validated by science.

Mary Ann Merlin says

Really is an encyclopedic style book.

This book has reminded me of all I've learned since I began weight training in '69. In a neat concise format Jim will answer your questions on the whole shebang. The book is a MUST read and keep it handy for a reliable reference source. No way to go wrong here.

Paul Miles says

Awesome book

This book is just fantastic. This guy gives you facts backed up by science.

The workouts are well thought out. better thought out than other boss you will read.

I highly recommend this book and I am sure you that this is the only book you need.

Enjoy

Check out his website jimstoppani.com. full of great articles.

Dustin Henkin says

Great book. Filled with information that is useful for lifting weights and also want to learn a bit about nutrition. the book is set up like an encyclopedia and the information is easy to search and find information regarding specific programs and lifts for all body parts.

Mary says

This book was INTENSE. I consider myself well educated about the body, how it works, how to build it and what breaks it down, but this book has taught me even more than that. There's quite a few photos, so you're never lost on what to do next and the importance and relevance of the actions are thoroughly explained. I won't find myself using all the techniques but I am now practicing a few targeted strength moves regularly.
5/5
