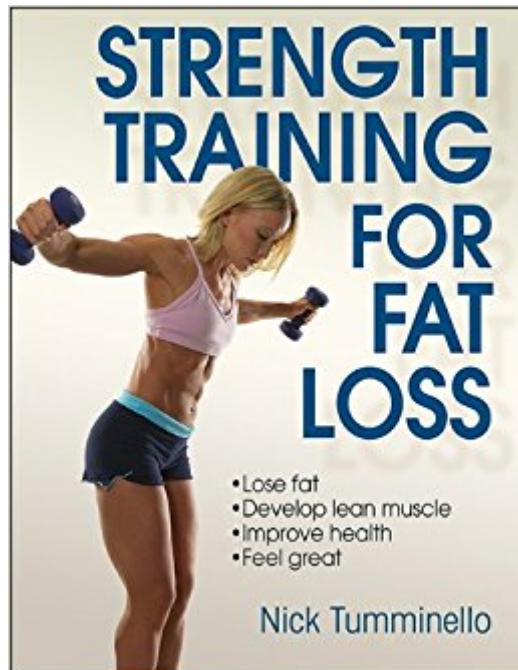




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# Strength Training For Fat Loss



## Synopsis

No fads, gimmicks, or miracle claims. Just science-based programming, sensible strategies, and the results you desire. In *Strength Training for Fat Loss*, Nick Tumminello, renowned trainer and innovator in the field of human performance, explains how to use the 3 Cs of metabolic strength training—circuits, combinations, and complexes—to accelerate your metabolism, maximize fat loss, and maintain muscle. Inside you'll find these features:

- More than 150 exercises using barbells, dumbbells, resistance bands, machines, and body weight
- Realistic nutrition recommendations for staying healthy, maintaining muscle, and regulating your metabolism
- Step-by-step instructions, photos, and advice for performing and sequencing the most effective fat-loss circuits, combinations, and complexes
- Warm-up and cool-down exercises that include stretches and self-massage techniques to activate or restore muscles
- Home-, gym-, and body-weight-based workouts along with comprehensive programming for losing fat quickly and keeping it off

Whether you're a beginner looking for a step-by-step guide to fat loss or a seasoned fitness professional looking for new exercises to spice up existing routines, *Strength Training for Fat Loss* is the safe program that produces results.

## Book Information

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## Customer Reviews

Nick Tumminello, 2016 NSCA Personal Trainer of the Year. [View larger](#) [View larger](#)

Human Kinetics The Premier Publisher for Sports & Fitness. Science-based programs

Authoritative advice Remarkable results *Strength Training for Fat Loss* No fads, gimmicks, or miracle claims. More than 150 exercises using barbells, dumbbells, resistance bands,

machines, and body weight   Realistic nutrition recommendations for staying healthy, maintaining muscle, and regulating your metabolism   Step-by-step instructions, photos, and advice for performing and sequencing the most effective fat-loss circuits, combinations, and complexes   Warm-up and cool-down exercises that include stretches and self-massage techniques to activate or restore muscles   Home-, gym-, and body-weight-based workouts along with comprehensive programming for losing fat quickly and keeping it off

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“Nick Tumminello’s workouts aren’t just effective; they’re also fun to perform. Readers of Strength Training for Fat Loss are in for a real treat.” • Lou Schuler, Award-Winning Fitness Journalist, LouSchuler.com   “Nick Tumminello is one of the most innovative trainers in the business. He has a keen ability to synthesize scientific information about exercise and translate it into practical programs that optimize results; nowhere are these skills better exemplified than in his book Strength Training for Fat Loss.” • Brad Schoenfeld, MSc, CSCS, CSPS, FNSCA-- Author, The M.A.X. Muscle Plan   “Nick Tumminello is one of the most innovative coaches in the field of strength and conditioning. Strength Training for Fat Loss will rev up your fat-burning arsenal and help you attain the physique you desire.” • Bret Contreras, MS, CSCS-- Author, Bodyweight Strength Training Anatomy, BretContreras.com   “Strength Training for Fat Loss is full of straightforward advice on maximizing your strength training routine and nutrition for fat loss.” • Kara Silva, Fitness Trainer and Nutritionist, ZenBarbell.com

Nick Tumminello is the owner of Performance University International, which provides strength training and conditioning for athletes and educational programs for trainers and coaches all over the world. As an educator, Tumminello has become known as the trainer of trainers. He has been named 2016 NSCA Personal Trainer of the Year by the National Strength and Conditioning Association. He has presented at international fitness conferences in Norway, Iceland, China, and Canada. He has been a featured presenter at conferences held by such organizations as the IDEA Health & Fitness Association, the National Strength and Conditioning Association, and DCAC Fitness Conventions, along with teaching staff trainings at fitness clubs throughout the United States. Tumminello holds workshops and mentorship programs in his hometown of Fort Lauderdale,

Florida. He is the author of *Building Muscle and Performance: A Program for Size, Strength & Speed* (Human Kinetics, 2016) and *Strength Training for Fat Loss* (Human Kinetics, 2014), has produced more than 20 instructional DVDs, and is the coauthor of the National Strength and Conditioning Association's Program Design Essentials and Foundations of Fitness Programming. Tumminello is also a continuing education course provider for the American Council on Exercise, the National Academy of Sports Medicine, and the National Strength and Conditioning Association. Tumminello has been a fitness professional since 1998 and co-owned a private training center in Baltimore, Maryland, from 2001 to 2011. He has worked with a variety of exercise enthusiasts of all ages and fitness levels, including physique and performance athletes from the amateur to the professional ranks. From 2002 to 2011, Tumminello was the strength and conditioning coach for the Ground Control MMA fight team and is a consultant and expert for clothing and equipment companies such as Sorinex, Dynamax, Hylete, and Reebok. Tumminello's articles have appeared in more than 50 major health and fitness magazines, including Men's Health, Men's Fitness, Oxygen, Muscle Mag, Fitness Rx, Sweat Rx, Status, Train Hard Fight Easy, Fighters Only, and Fight! Tumminello is also a featured contributor to several popular fitness training websites. He has been featured in two New York Times best-selling exercise books, on the front page of Yahoo and YouTube, and in the ACE Personal Trainer Manual. In 2015 Tumminello was inducted into the Personal Trainer Hall of Fame.

I recommend *Strength Training for Fat Loss* to my own clients on a regular basis when their goal is maximize fat loss through resistance training, to save time, and especially when the goal involves doing something different than traditional strength or bodybuilding-style programs. Nick teaches how to optimize resistance training design to give the best of both worlds - building strength and muscle along with increasing the metabolic effect of training to burn more fat at the same time. Metabolic weight training, circuit training and resistance training with complexes are very popular and not exactly brand new at this point in time - the basic concept has been discussed before in many other books and online programs. However Tumminello approaches the subject in a way that makes this book different. Even when his workout programs are time-bound, you can use what you learn in this book over and over again for life. That puts this book in the category of "great reference book" to keep on your shelf for life and refer back to it through the future. This is what I like about Nick's approach the most: He gives you resistance training templates, which means the general category of exercise (movement pattern), and then he fills about 90% of the book with exercise instruction, including excellent black and white photos. By keeping chapters on theory and background to a

minimum and allowing so much space dedicated to explaining the exercises, Nick is able to do two things:

1. All the basic exercises are included - Nick doesn't assume everyone knows how to perform a squat or lunge or Romanian deadlift, so he devotes space to these fundamentals.
2. He also includes unique and unusual exercises that most people have never even heard of. Some examples: Angled rotary press with the end of an Olympic bar (aka "Land Mine" or T-bar), Liberty Press, Shovel Clean, "Uppercut" press, Break Dancer Push up, Core bar cable press, and so on. The mixture of the fundamentals and the unusual, lesser-known exercises ensures that you are unlikely to get bored. Also, by including the basics, the author has made sure not to turn this program into a novelty. Popularity of various fitness trends may come and go, and metabolic training is riding a high of popularity right now. But whether it fades or not, it is unlikely that this program will ever get placed in a training "fad" category. The exercises use the following equipment: barbells, dumbbells, a T-bar or barbell in a "land mine apparatus," kettle bells, elastic resistance bands, cable-pulley exercises, and body weight exercises. A bench and exercise mat are also helpful. There are even a handful of machines (not many though) where the best way to focus on one muscle is on the machine (lying leg curl for example). It's not necessary to own all this equipment if you train at home - you can use the exercise templates to make substitutions with whatever equipment you have available.

As I mentioned above, Nick gives you workout program templates. I won't spoil the whole thing and give you all of them, but just so you know what I'm talking about, here's one example that's called the Big Four Circuit.

1. Upper body pulling exercise
2. lower body leg exercise
3. upper body pushing exercise
4. lower body hip exercise

After you've chosen a template, you can plug and play using the huge collection of exercises available in the book. What if you're confused and you still don't know which exercises to choose? Nick has taken care of that by including sample workout routines so you don't have to do anything but follow what's on the workout charts at first. After you've followed some of Nick's workouts verbatim for a while, you will understand the principles and templates and if you choose, you can keep using the templates and just plug in new exercises, and you have a whole new program on the spot. Here's what Nick has accomplished by taking this approach:

A lot of consumers of workout programs do not want to deal with designing their own programs. The request (complaint) we always hear as trainers is, "Just tell me what to do! Just give me a list of exercises, sets and reps. As often heard in the cliché'd self help maxim, we sometimes refer to that as "Giving you a fish." This makes the client a happy camper, but is not necessarily in your best interest, unless you want to be dependent on a trainer for the rest of your life. Most trainers understand this need and desire for the instant gratification of having a workout program handed to you on a sheet of paper and simply saying, "Follow this." But they also understand the pitfalls of this

approach - dependency and insufficient education. By giving you BOTH - workout templates with exercises to plug into the slots - and specific, done-for-you workouts, Nick's is also "Teaching you to fish." You get the best of both worlds. My closing comments: There is a very brief section on nutrition, but this book is a training program, not a diet program. In the span of one very short chapter, you'll get the absolute most basic nutrition fundamentals for fat loss, advice on the 4 types of fad diets to avoid, and lists of commonly eaten healthy foods. No heavy pitch for supplements either, only a passing mention of a few like creatine, that are supported with evidence, which is a big plus in my book. In the last chapter (10), Nick closes out with "Fat Loss Training For Life" which is important and makes sense to re-emphasize at the end, given his template-based approach. If this style of training (metabolic resistance training), fits your goals and personal preferences, you can't go wrong with this book. Overall 5 stars. I purchased the paperback version and was not asked to write this review.

I workout 3-4 times a week; cardio and weight training. I've done this for the past 4 years despite having fibromyalgia. I enjoy how these workouts make me feel mentally, but physically it can be tough. I am stronger and leaner because of strength training, which is why this book caught my eye. Where this book shines for me is in the over 150 exercises it illustrates for the reader. It offered some new-to-me training exercises which I can incorporate into my routine, which was great! Those exercises will help fight off boredom in the gym and combined with HIT training, should help with a metabolism kick start. Both good things! The title made me think there would be a bit more on nutrition in the book, but the basic ideas of lean protein and healthy carbs are there. The majority of the book is about explaining the exercises - some that are common and some that are not - with text and sequential photos. The photos are in black and white, but very helpful in illustrating proper form. This book isn't really a beginner's 'how-to' as much as it is an intermediate to advanced gym rat's tool. There is a section or two for beginners, but I think this book would be a bit intimidating for those looking for fat loss and not already aware that that may mean weight gain in the form of muscle. It's not a diet book or a weight loss book. It's about building muscle to boost your metabolism to burn more fat. Chapter 9: Fat Loss Workouts, comes at the end of the book, and workout programs are in table formats. Since the title is 'Strength Training for Fat Loss' I wish I'd seen these programs at the start of the book with photos instead of at the back. I recognize that the exercises in the tables are explained before these programs, but if not aware of what an exercise was, you might struggle to know without a photo or page reference for it listed in the workout routine. The best part of this book - where I found the most value - was in the exercises; how they

were explained and the included photos. The rest of it is a bit tough to read and left me feeling like the content didn't completely match up with the title. Maybe my expectations were too high? Maybe it's because it's lacking more of a discussion of nutrition and supplements? Maybe more than 150 exercises are a great book, but with a different title? I give this book 4 out of 5 stars ("I like it"), but I would give it 3.5 ("I like it for some things, but not for others...") if I could. It's not bad, just not what I expected.

if you actually DO IT, it works!! Easy to understand, like it..good book

Great book with great tips and programs.

the book is a great reference book if you are strength training

Good resource.

This book is great and I love to give to some of the other personal trainer, I work with at the gym.

As a certified personal trainer, I'm always looking for good, innovative books. Nick Tumminello is someone who I've followed for a long time on social media and various websites, and I really like his approach to training. The best part is that Nick doesn't just throw some "cookie cutter" program out there to follow, he provides numerous ideas and approaches to training that are useful as well as applicable. This is a very good read for someone looking to get in shape or as a resource for those in the health and fitness profession.

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