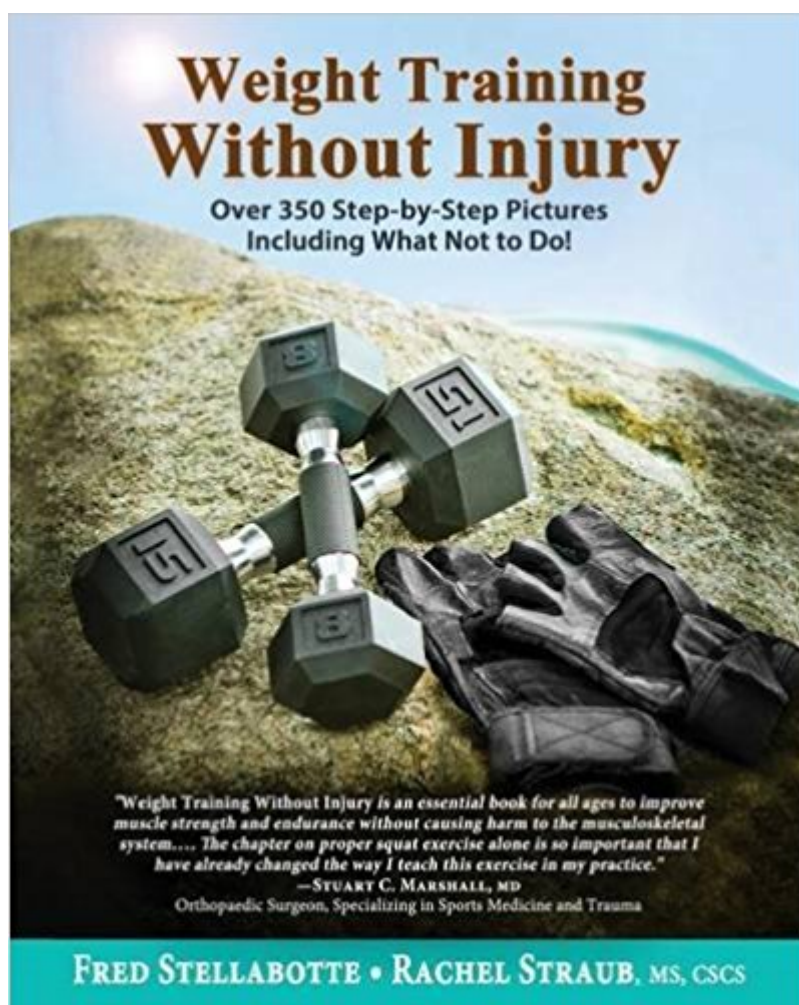


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# Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not To Do!



## Synopsis

WINNER, 2016 International Book Awards for Sports  
WINNER, 2016 International Book Awards for Health: Diet & Exercise  
The exercise will never hurt you--only improper form causes injury. Master the essentials of proper weight training and be safe while performing the squat, lunge, leg press, lat pulldown, reverse fly, bench press, chest fly, shoulder press, shoulder raise, biceps curl, triceps extension, plank, and more! With over 350 full-color, step-by-step photos, *Weight Training Without Injury*'s unique, revolutionary approach teaches right from wrong at every step with meticulous attention to detail. Stellabotte and Straub's mission is simple: to enable you to master proper form and prevent injury when lifting weights. This book blends 50 years of experience and success with current scientific research (over 90 peer-reviewed publications are referenced)--all explained simply and organized in a clear format that is easy to follow. The techniques learned here can be applied to exercises found in any bodybuilding, strength training or resistance training manual or program, making *Weight Training Without Injury* indispensable for the beginner, the seasoned gym goer, and the professional trainer.

## Book Information

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## Customer Reviews

Stellabotte, a personal trainer and veteran of the U.S. Navy, and Straub, an exercise physiologist, have built a clear and comprehensive manual that lays out the foundational basics of how to use weights and explicitly demonstrates the differences between safe, or "correct," movements and injury-causing "incorrect" ones. The book is divided into seven sections, kicking off with a crucial introduction to selecting the right workout regimen. Subsequent sections

focus on different parts of the body: legs, back, chest, shoulders, arms, and the all-important core. Along with the essential weight exercise for the body part in question, these sections go over necessary equipment, key points for safe and effective movement, and "Master Techniques," the more advanced exercises. The writing is clean and straightforward, effectively communicating what to avoid and what to do, as incorrect form can be dangerous. Color photographs appear on nearly every page illustrating the authors' tips. This guide is essential for anyone who hopes to get into weight training, and it should be mandatory reading before setting foot into any gym.

"... The chapter on proper squat exercise alone is so important that I have already changed the way I teach this exercise in my practice." --Stuart C. Marshall, MD, Orthopaedic Surgeon, Specializing in Sports Medicine and Trauma "... The attention to detail is unparalleled among other texts in the field. If you were going to read and use only one book on weight training, this would be it!" --Christopher M. Powers, PT, PhD, FACSM, FAPTA, Professor, USC Division of Biokinesiology & Physical Therapy "... Weight Training Without Injury is brilliant--it educates the novice, as well as the professional, on how to train without injury." --Dave Draper, Mr. America, Mr. Universe, Mr. World in several competitions, 1965-1970, Author of Brother Iron, Sister Steel: A Bodybuilder's Book "A clear and comprehensive guide, backed by scientific evidence and decades of real-life experience. A must-have for anyone needing to weight train safely--which is just about everyone." --Frank Winton, MD, Family and Sports Medicine "I absolutely love Stellabotte and Straub's book Weight Training Without Injury! ... It has a strong focus on feet and hand placement, head and neck alignment, spine and hip range of motion, and shoulder and knee joint stability. Science in the weight room--LOVE IT!" --Stew Smith, CSCS, Former Navy SEAL, Tactical Fitness Author, Special Ops Team Coach at the US Naval Academy, Founder of Heroes of Tomorrow and Stew Smith Fitness "... The methodologies in this book are sound, with scientific backing, and are presented in a very organized and easy-to-read manner. I definitely recommend this book to everyone that wants to train with great technique and excel in their respective fields." --Jon Sanderson, MS, CSCS, RSCC, SCCC, USAW, FMS, TPI, Head Strength and Conditioning Coach, University of Michigan, Men's Basketball, Men's/Women's Golf "Weight Training Without Injury is an indispensable, user-friendly guide, especially for the beginning lifter ... photos of correct (and incorrect) body positions ... for every step, make it possible to master proper technique when lifting weights..." --N. Travis Triplett, PhD, CSCS,\*D, FNSCA, Professor of Exercise Science, Appalachian State University

I was very curious to read this book because I was a weight trainer (free weights) and a Nautilus

Instructor years ago. The emphasis at the time was on form. I had really enjoyed that, as it reminded me of the ballet lessons I took as a child. The other thing about weight training which I like is that it isn't a "sport" where you have to compete against anyone. Basically, you do it to help yourself feel good. This book will show you how you can safely weight train, and do it without injury. The first section designs your program. It lays out a choice of schedules for you, depending upon what shape you are in. You are offered sample workouts for one to five days a week. This part may seem a bit confusing if you have never followed a weight training program. However, as the authors say, just choose the simplest schedule and you can't go wrong. The actual training will be really easy to follow. The photos are always there to guide you as well! Section II discusses (including pictures, which are plentiful throughout the book) every single exercise you will need for your legs, from squats to calf raises. The beauty part of this book is that the photos clearly show you the wrong way, and then the right way, to do each exercise. There are also numerous variations of the exercises, so that you can adapt them to your home situation (for example, you can do leg curls on a machine, or on a stability ball). Section III concerns your back. It begins with your lats and goes through dumbbell rows and ends with press-ups. I want to mention again that the photos in the book are terrific and will assist anyone to easily understand how to perform these exercises properly. Section IV is your chest. Each section basically progresses the same way it would if you were in a gym, using the machines or equipment. However, the difference is that when you read this book and really see the photos close up, your teachers (the authors) are showing you proper methods. It makes all the difference in the world to have an understanding of how to hold your body when you are weight training. It is so easy to see, with this book! Section V is your shoulders. A good example of how careful this book is, is the photos showing the positioning of dumbbells when being held from not one but two angles, for the shoulder press. Section VI is arms. A good tip I liked in this section was, "The position of your torso during different exercises will vary (as we show repeatedly throughout this book). Always remember: your torso position should maximize the benefit of the exercise but, at the same time, minimize your risk of back injury". This tip is under a set of photos of the exerciser doing the dumbbell kickback incorrectly and then correctly. The reader may purchase a Triceps Enhancer Rope from author Franck Stellabotte and information is provided how to go about doing that. However, an explanation on how to make your own triceps rope is also provided. The final section is Section VII: Core. This is where the dreaded word diet comes up (darn!). It also explains why you should do crunches and not sit-ups. It also includes proper ways to perform push ups and explains how to enhance core endurance with the plank. I really wanted to read this book to refresh my memory concerning weight training, and to begin a new exercise plan. I wanted to do it

properly and safely. I believe that as I progress using *Weight Training Without Injury* Over 350 Step-by-Step Pictures Including What Not to Do! by Fred Stellabotte and Rachel Straub, MS, CSBS, I will be doing the best thing I can possibly do for my health. I think these authors really care about their readers and have written this book, which is like no other weight training book I have ever seen, because of their dedication to our well being. I received this book in exchange for my honest and unbiased opinion.

I have been weight training for 3 months now. I had a trainer but I could no longer afford the fees. So I searched and stumbled across this book while searching for a comprehensive weight training book with a lot of pictures. This book does not disappoint!! It contains pictures of proper form and improper form while weight training. I am so impressed with the book and I recommended this book to my 51 year old friend who is also weight training. I am 48 years old and I am more prone to injuring myself at the gym. This book is really helpful! I just saw an exercise activity I was doing wrong and was putting my shoulder at risk of potential injury!! Thank you Fred and Rachel!!!! I recommend this book to all those who want to take up weight training!!

"I received the product in exchange for an honest and unbiased review." To give you a bit of a background, I have been working out consistently for almost ten years. I have talked to many trainers and have read many publications, both online and print, in my search to customize the workout that's right for me. I was offered a chance to check this book out for a review and I decided "why not, maybe it has a few things I haven't seen before." I will say that I would have gladly paid for this book, it is worth it. I would regard myself as an intermediate weight trainer (according to how it is defined in the book). I lift 3, sometimes 4 days a week and my workouts are typically an hour long (in addition, I do cardio 7 days a week). I have a timer on my phone to time myself between sets so I make sure I'm not in la la land. What's nice about this book is that there are multiple program choices for each level (novice, intermediate, and advanced). There are split programs (work different muscle groups on different days) or full programs (all muscle groups on the same day, not lifting on consecutive days in this instance) for the different numbers of days per week so you have a huge amount of flexibility depending on your schedule. Explanations are not full of jargon . . . any layman can understand and appreciate it. In addition to worded explanations, there are numerous photographs and charts to give you visuals. This is critical to insure that exercises are done properly so that you don't injure yourself (the authors even specify some of the common incorrect ways people perform a certain exercise). They present how to use machines, free weights, and no

weights depending on what's available to you so again, you have a significant variety at your disposal. Overall, this book is very robust and there is something in there for pretty much everyone. Simply go through and identify the sections that apply to you with your schedule, available equipment, and your ability. You will be able to customize a workout for you based on what's here. This is extremely valuable.

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