

COMPLETE GUIDE TO EFFECTIVE BARBELL TRAINING BY BRADLEY J. STEINER



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- Sales Rank: #4850421 in Books
- Published on: 1974
- Binding: Hardcover

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The only realistic guide to building muscle

By M. Coleman

I have owned Steiner's book for nearly 30 years. During that time I have seen and read many "body building" books which purport to give the definitive answer to how to build muscle. Most of the current books are filled with pictures of professional body builders who are wild exceptions to normal people both in the time devoted to training and the techniques used (drugs, dehydration, dangerous diets). Steiner's formulas simply work, and they work at home without expensive equipment. Among Steiner's sound advice is the use of 1" standard plates which better fit in homes and apartments, concentrating on the major muscle groups and avoiding the silly little exercises that work each finger, following the workout formula (a squatting movement of some kind, a pressing movement of some kind, a heavy back building movement of some kind, and at least two other major muscle group exercises, but never more than nine exercises), limiting sets to two for most people. With these techniques you will avoid injury and be able to maintain fitness for your entire life, not just in your twenties. At one point over the year's I believed that Steiner's abdominal routine was outdated and supplanted by the high repetition and light weight formulas. However, I have come back to Steiner's basic formula, low reps, heavy weights for all muscle groups, even abs. Sometimes the number of repetitions Steiner recommends for various exercises can be confusing. But this becomes clear when you understand he recommends different numbers of repetitions for beginners, normal routines and shaping routines. The only sad part is that this wonderful book is no longer in print.

3 of 3 people found the following review helpful.

Follow Brad's instructions if you want to build muscle

By Ed Bernd Jr.

I read Bradley's articles in the old Iron Man and Muscular Development magazines and for the first time in my lift actually began to build muscles and strength. He is the most honest writer in the field. If you can find a copy of this book, or any of his old weight training articles from the 1970's, grab them and do what he says.

Most people over-train. The whole idea of progressive resistance exercise is to overload your muscles, then rest long enough for them to recover... and a little bit longer so that they can overcompensate and become stronger in order to handle the load you place on them.

If you are not making satisfactory progress, try doing less.

We touch on this and some of Brad's other advice in a chapter in our book: The Silva Method, Think and

Grow Fit. You can buy the Kindle edition here on Amazon.

0 of 0 people found the following review helpful.

Required reading!

By Tegnerfan

If you REALLY want to know the correct way to train with weights to obtain results-this book is a sure thing! Published,originally 40 years ago by Bradley Steiner,this manual will bring you very satisfying results in weight training! It is pure,honest,sincere instruction in using barbells and dumbbells to achieve muscles and strength! I would by far recommend this book over Arnold's Encyclopedia anyday!

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