
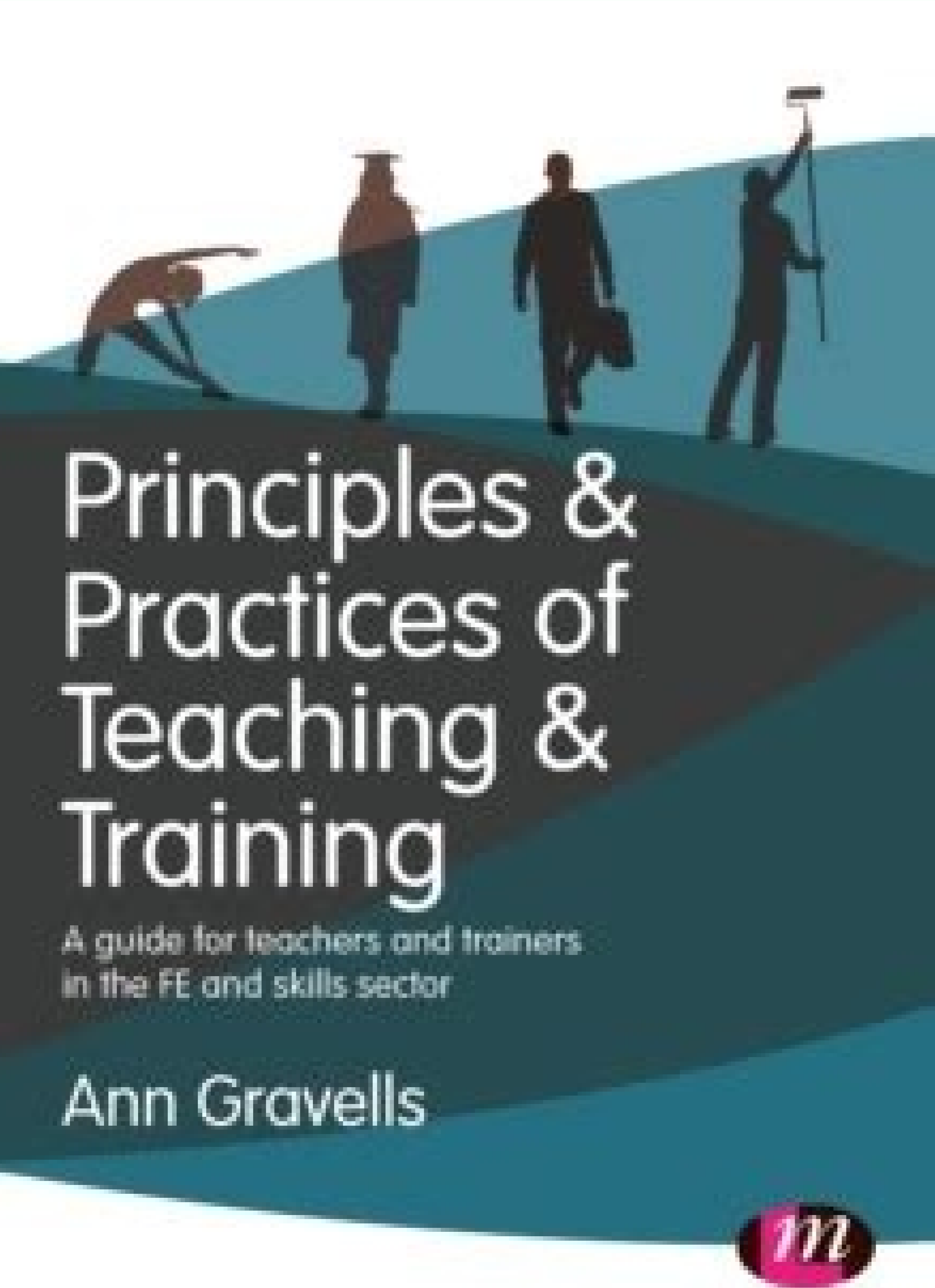
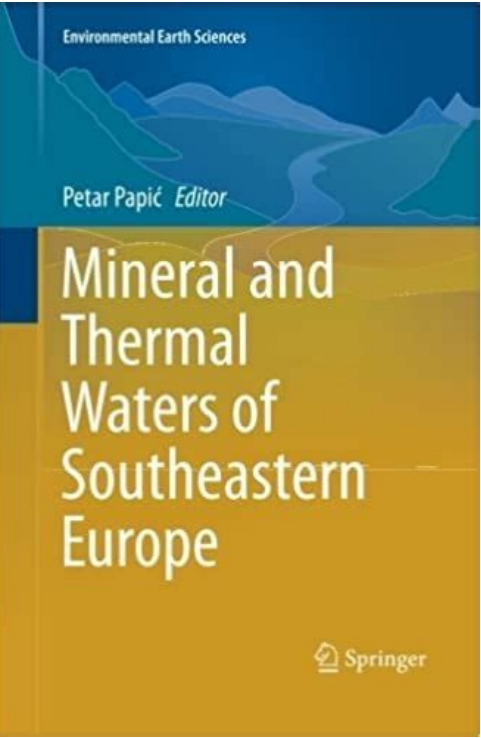
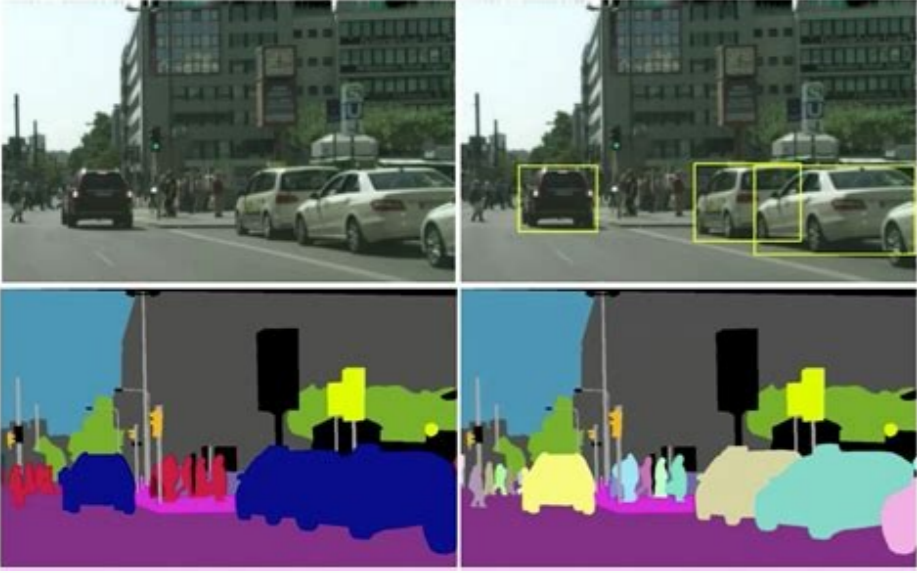
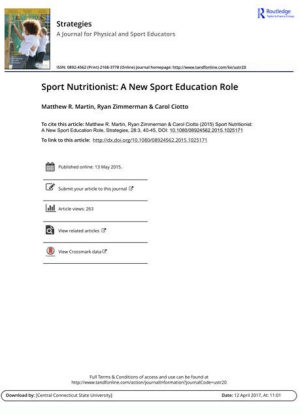


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a little bit of proofreading and editing without losing the accessibility! Aug 13, 2017 Mark Miller Jr rated it really liked it Engaging read, the brilliant analogies, real-world examples, specificity to powerlifting and simplicity of it all is really something to marvel at. If you have read training texts, 95% of the information in this text will be nods in agreements rather than complete epiphanies. Very beneficial read for both lifter and coach. If you're passionate about the science of strength training or powerlifting, this is a must-read. By giving the information a clear hierarchy like that, it teaches us what to focus our efforts on: specificity, progressive overload, and recovery. This book is incredible. Jun 18, 2020 Jackson rated it it was amazing Much of the information in this book can be loosely discovered -- either by reading a wide number of texts or in thinking seriously about training study. Clear cut ideas that consolidated all my training ideas I've personally accumulated throughout the years - specificity sets the direction for the rest of the program, the order of importance of the 7 scientific principles ... Borrows a lot from eastern bloc training philosophy (Sheiko, Prilepin, Abadzhiev, etc.). ...more Dec 30, 2020 Rory Armstrong rated it really liked it Great content exploring in a macro way how to carry out strength training - from the common sense idea of specificity, fatigue management, and periodization. This doesn't offer training plans, rep and set specifications, or any of that kind of stuff (best served by other books or resources), but does offer a way for the reader to understand the goals of training and how to best implement it themselves. It focuses on powerlifting in it's discussion but the ideas used here can be transferred to strengt Great content exploring in a macro way how to carry out strength training - from the common sense idea of specificity, fatigue management, and periodization. This doesn't offer training plans, rep and set specifications, or any of that kind of stuff (best served by other books or resources), but does offer a way for the reader to understand the goals of training and how to best implement it themselves. It focuses on powerlifting in it's discussion but the ideas used here can be transferred to strength training for other sports as well. Was great for challenging my own assumptions around hypertrophy as I was sticking to the starting strength mantra of focusing on strength alone, but this book suggests a hypertrophy phase before strength training is valuable. Scientific principles are discussed and it's a great read for an overview in Powerlifting programming and training ...more Nov 01, 2017 Paniz K rated it really liked it Super informative and accessible. On another note though, now having read 2 RP/JTS ebooks, I can admit that they can do better with... It makes some of the more complex components of exercise programming a lot easier to understand. Reading this text will save you the confusion around key complications of delivering a training program. And to end the book on a banger note - the only thing in this world that matters: Strength. Great discussions, was expecting some more real life examples and numbers to geek on. 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The result is a coach with new powers to make exacting judgments about designing training interventions. ...more This book isn't very well written, and while reading the introduction the wordy sentences and typos started to worry me. The book is broken down by the basic principles (Elon Musk would be proud) of hypertrophy -Specificity-Overload -Fatigue Management -SRA relationship between stimulus, recovery, and adapt Well written book by the professor of gains himself Mike Israetel. Hinsley rated it really liked it Great establishment of the taxonomy of periodization. Some people might feel, that's their cup of tea, but for me this is quite limiting, so I must take all the advice with a grain of salt.To tell the truth, more or less experienced lifters won't find much new information in this book, but there are a couple of interesting points to try out. 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Scientific Principles of Strength Training even made it into my "best-of-2018" list and I recommend it to anyone interested in the scientific background of lifting. Every chapter is well summarised and sometimes a summary has a summary. By giving the information a clear hierarchy like that, it teach This book isn't very well written, and while reading the introduction the wordy sentences and typos started to worry me. ...more Apr 24, 2022 Isaac Chan rated it really liked it Chad Wesley Smith's Juggernaut Training Manual introduced me to the concept of MEV and MRV, but it was this book that really fleshed out these ideas and gave me a glimpse of a whole new world that was possible for strength. Every chapter of this text begins first by establishing the most important training principles, and then follows up with proper and improper applications. Overall felt like a more structured and detailed approach to the information that he gives in YouTube lectures. The author actually suggested reading The Science of Lifting first, which is a shorter and more digestible start in the science part of lifting. I only wish I read this book sooner and not wasted so much time using sub-optimal training programs. Many will find many tips on how to optimise their routine further. The book has a lot of support literature: 2 pages of references after every chapter. Most importantly it helped me articulate my existing knowledge and put the pieces together in a comprehensible manner. Apr 18, 2022 Alex Kofskey rated it it was amazing Quite possibly some of the best literature I have read on strength training. Showing 1-30 Start your review of Scientific Principles of Strength Training Dec 28, 2020 Alexey Efimik rated it it was amazing Well written book by the professor of gains himself Mike Israetel. Chad Wesley Smith remains in my mind at the forefront of common sense strength programming and a must read for those who want to get stronger physically. Some people might feel, that's their cup of tea, but for me this is quite limiting, so I must take all the advice with a grain of salt.To tell the truth, more or less experienced lift As many have pointed out, this book is very difficult to read, there seems to be a lot of repetition and language is quite difficult. Second, this books is very narrowly tailored to powerlifting. Scientific principles are discussed and it's a great read for an overview in Powerlifting programming and training Great discussions, was expecting some more real life examples and numbers to geek on. Recommended for anyone strength training coach or athlete, also includes very useful external resources for additional information on the topics. Most importantly it helped me articulad Chad Wesley Smith's Juggernaut Training Manual introduced me to the concept of MEV and MRV, but it was this book that really fleshed out these ideas and gave me a glimpse of a whole new world that was possible for strength. ...more May 17, 2017 Zachary Kauffman rated it it was amazing This book is a great resource for those wanting to take their powerlifting or strength training to the next level. The principles in this book could also easily be adapted to other styles of training. A must-read for coaches. The author a The description claims that this is "one of the most comprehensive resources ever available on the topic of building strength" and I have to agree. Reading this text will save you the confusion around key complications of delivering Much of the information in this book can be loosely discovered -- either by reading a wide number of texts or in thinking seriously about training study. Recommended as a book of study to anybody trying to appreciate powerlifting training more. Because of this -- no matter the sport -- all coaches will benefit . In this way, the authors succeed by organizing all primary training principles through a commitment to clear writing and unpacking. This book is the basic here is what is important and then here are some programs to use, it teaches how to create your own program and does it very well. One of the best--if not the best--scientific books about strength training I've ever read. If you can discern your program's progressions and roadmap against the governing principles in

this text, you surely leaving stones unturned in athletic performance. As a student and conditioning and sprint coach, I endorse this text as a must-read for any person that is responsible in sport development. Very useful for learning how to program timing, exercise selection, dealoads,etc and why. fantastic. Powerlifting is a closed sporting pursuit that requires unbending attention in mastering one quality for 10+ years. But then as I got deeper into the book, they really picked up steam with the concepts they were laying out, and that stopped mattering.The authors thought very carefully about how to organize the information, starting with the most important and foundational information, and then moving on to the minutae later on. I only wish I read this book sooner and not wast This book is a great resource for those wanting to take their powerlifting or strength training to the next level.

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