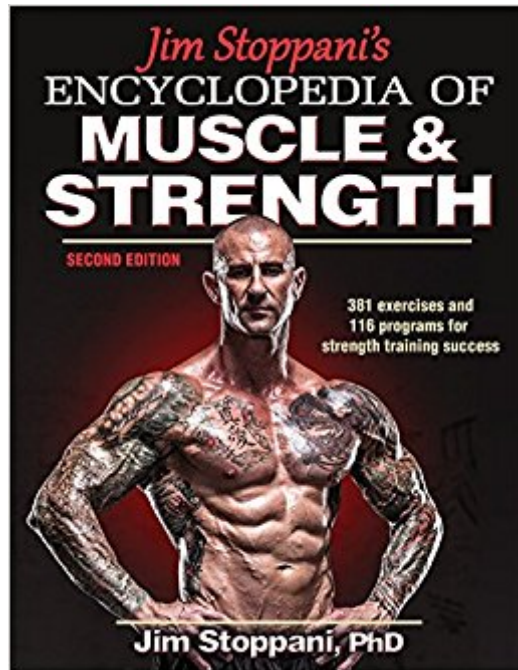




The book was found

Jim Stoppani's Encyclopedia Of Muscle & Strength-2nd Edition



Synopsis

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.

Book Information

Paperback: 584 pages

Publisher: Human Kinetics; 2 edition (October 17, 2014)

Language: English

ISBN-10: 1450459749

ISBN-13: 978-1450459747

Product Dimensions: 1.2 x 8.5 x 11 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 232 customer reviews

Best Sellers Rank: #22,490 in Books (See Top 100 in Books) #13 in Books > Reference >

Encyclopedias & Subject Guides > Sports #31 in Books > Health, Fitness & Dieting > Exercise &

Fitness > Weight Training #495 in Books > Sports & Outdoors

Customer Reviews

Jim Stoppani, PhD. [View larger](#) [View larger](#) Human Kinetics The Premier Publisher for Sports & Fitness. Science-based programs Authoritative advice Remarkable results

Jim Stoppani's Encyclopedia of Muscle & Strength Finally, a research-based book that

covers all aspects of optimizing the development of muscle and strength. 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 over 380 exercises presented for 13 muscle groups and the whole body. [View larger](#) [View larger](#) [View larger](#) [View larger](#) [Incline Bench Press](#)
[Incline Dumbbell Fly](#) [Cable Crossover](#) [Seated Dumbbell Lateral Raise](#)

Join the #JYMArmy “ over 1.5 million strong! Train smarter and harder. Build your knowledge base to build a better body. Encyclopedia of Muscle & Strength is the ultimate resource for pinpointing and achieving the results you’re seeking! [View larger](#)

Jim Stoppani, PhD, received his doctorate in exercise physiology with a minor in biochemistry from the University of Connecticut. After graduation, he served as a postdoctoral research fellow in the prestigious John B. Pierce Laboratory and department of cellular and molecular physiology at Yale University School of Medicine, where he investigated the effects of exercise and diet on gene regulation in muscle tissue. For his groundbreaking research he was awarded the Gatorade Beginning Investigator in Exercise Science Award in 2002 by the American Physiological Society. From 2002 to 2013 Stoppani was senior science editor for Muscle & Fitness, Muscle & Fitness Hers, and Flex magazines. He is currently the owner of the JYM Supplement Science and jimstoppani.com. Stoppani has written thousands of articles on exercise, nutrition, and health. He is coauthor of the New York Times bestseller LL Cool J’s Platinum 360 Diet and Lifestyle (Rodale, 2010) as well as Stronger Arms & Upper Body (Human Kinetics, 2009) and PrayFit (Regal 2010). He is also coauthor of the chapter "Nutritional Needs of Strength/Power Athletes" in the textbook Essentials of Sports Nutrition and Supplements (Humana Press, 2008). Dr. Stoppani is the creator of the popular training and nutrition programs Shortcut to Size and Shortcut to Shred, Dr. Stoppani has been the personal nutrition and health consultant for numerous celebrity clients, such as LL Cool J, Dr. Dre, Mario Lopez, and Chris Pine.

Insightful reference for those interested in body modification. Also lists relevant micronutrient info for

hormonal support (which, if left unattended can undermine results)Easy to read and follow.

Even for someone who has been working out in various gyms for decades, there are lots of unfamiliar exercises and routines. Makes it easy to keep your routine fresh and to find a novel exercise for any body part that you want to target. Highly recommended.

I haven't read the whole book but he seems to simplify a lot of complicated fitness concepts. It's a good read as well. Not bad for anyone wanting to improve their fitness regimen.

Great wealth of information from Stoppani as usual. He mentions some of his own stuff a little in a couple chapters, but for the most part it was just a bunch of great knowledge about most physical fitness.

There is a wealth of knowledge in here. Far more than I ever expected. I can spend 2 years going through this book and still learn something new every day. Great reference guide!

Great diversity of training techniques and nutrition models to suit any goal. Fantastic encyclopedia of lifts/exercises inside. Very high quality read with a nice amount of research obviously done. My only warning would be that there are some exercises suggested in this book that utilize Smith machines where you shouldn't and a few exercises that are just flat out dangerous for your spine. If you second guess a lift, you should probably look into something comparable, but less difficult... Here's looking at you Smith Machine Hip Thruster! Lots of great info, but can be a bit extreme sometimes. Glad I own it regardless.

Really really AWESOME! It is by far the most complete book that I've seen on the subject of resistance training. Very suitable to new personal trainers who want to learn different programming schemes and SO MUCH MORE! While it has its own flaws (although so very little) like some of the exercises have the picture of just one position; either the start or the finish. But I guess everybody can Google this stuff anyway. So I'm giving it 5 Stars ;) Thank you so much Jim.

More technical than what I was expecting, but very informative and well written. Dr. Stoppani definitely knows his stuff. #jymarmystrong

[Download to continue reading...](#)

Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Jim Stoppani's Encyclopedia of Muscle & Strength-2nd Edition Muscle building box set: Ectomorph:How to Pack on as Much Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x books in one , The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) The Jim Brickman -- Faith and Songs of Inspiration, Vol 4: Piano/Vocal/Chords (The Essential Jim Brickman) Glory Denied: The Vietnam Saga of Jim Thompson, America's Longest-Held Prisoner of War: The Vietnam Saga of Jim Thompson, America's Longest-Held Prisoner of War New Ham radio license, Now What? Jim Sanders AG6IF: Jim Sanders AG6IF The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) Exercises for Osteoporosis, Third Edition: A Safe and Effective Way to Build Bone Density and Muscle Strength and Improve Posture and Flexibility Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert â “ Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Carb Cycling: Unleash Your Body's Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 9e (Daniels & Worthington's Muscle Testing (Hislop)) Ectomorph: How to Pack on as Much Muscle as Possible in the Shortest Time bodybuilding:bulking:muscle Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Build Muscle Without Weights: The Complete Book Of Dynamic Self Resistance Training Exercises (burn fat, abs, muscle building, exercise workout 7) CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Muscle for Life Series Book 5)

Contact Us

DMCA

Privacy

FAQ & Help