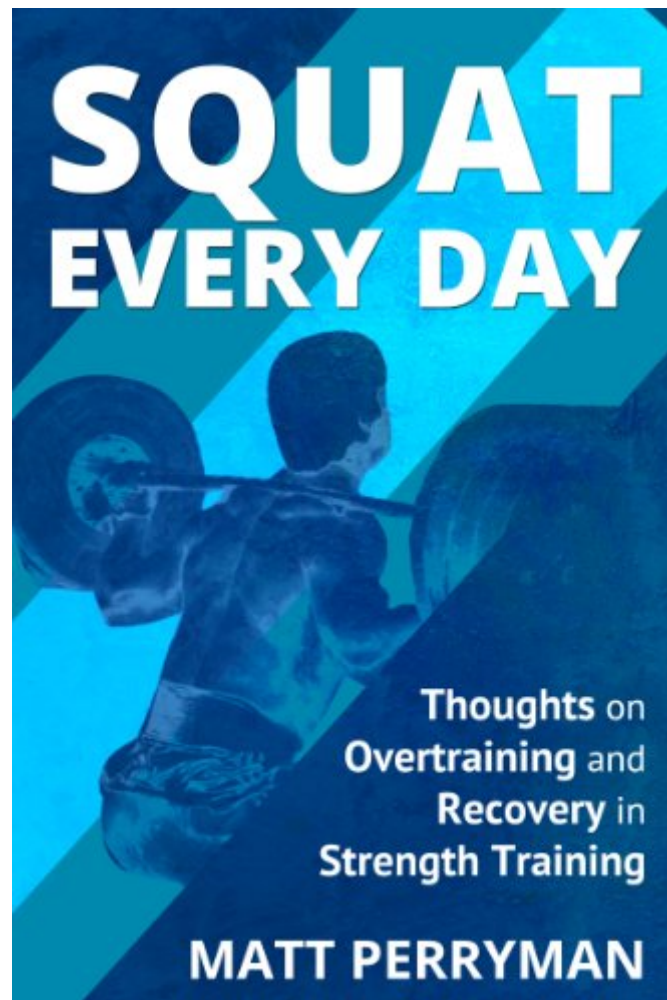




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Squat Every Day: Thoughts On Overtraining And Recovery In Strength Training



Synopsis

Common wisdom says you can only "hit" a body part once a week if you want results from your strength-training workouts. The bogeyman of "overtraining" waits around every corner, ready to strike down your gains. In *Squat Every Day*, author Matt Perryman digs into the origins of the overtraining myth. By looking into how advanced athletes really train and considering the science of exercise and recovery, a different story emerges. Bolstered by his own experiments with squatting to a "daily max" every day of the week, this book will show you that limitations aren't what you might think.

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Customer Reviews

He challenges the notion of squatting and really helps you think critically about your training and how hard you actually go in the gym. I'm not going to jump off and squat heavy everyday but, I'm going to work slowly into this over a 3 month period. I did this for my deadlift and even though my numbers weren't crazy high (425lbs), I was able to stack 50lbs on in one month!!! Hopefully my

squat follows suit. Good book to help you think and challenge your self.

The only reason I'm dropping this by 1 star is the grammar and slightly confusing writing style. The comments that seem to keep coming up are posted by those looking for a cookie cutter routine. Like several have done, I've also used the Starting Strength and also have nothing but respect for Rippetoe and Matthews. What I can offer is that as individuals progress in their lifting, they learn what works, what doesn't, what causes pain, etc. I found this book to be an answer to a question I've had for years. How is it that there are heavy duty construction workers, steel workers, masons, and the list goes on, can do the same work day in and day out, and their bodies adapt to all the heavy work and they are not "over training"? I can only offer what Works For Me. I train 5-days per week. Tues = Chest / Wed = Back / Thurs = Shoulders / Sat = Legs / Sun = Shoulders. These are my primary and I do 4-sets with the last set being to failure. For accessory I do the same work but stagger the exercises and only do 2-sets of the others on the week days and 3-sets on the weekends. I alternate chest between flat and incline and only do dumbbell work. Legs are only squats. Shoulders are Clean and Press with a shrug at the top. For my back workout I use hex bar deadlifts and alternated Pulls and Chins daily. For example: Tues, Bench = 4-sets of flat or incline db followed by 2-sets of deadlifts, 2-sets of clean and press, and 2-sets of squats. I use a weight that I can get 4-6 reps on set one and work to failure on my 2nd (or 3rd) set. The next day, deadlifts first and chest last. I rotate through. Again, this is what works for me and I encourage lifters to stay with their training and don't get discouraged. Learn your lifting and diet requirements. Have a realistic goal, develop a plan (modify as necessary), achieve your goal. And no, I have do not have any affiliation with this or any book or author or training routine.

An important contribution to the strength literature field that reminds the reader of the importance of listening to one's body (rather than adhering rigidly to pre-programmed workout plans), and of developing tendon and ligament strength in addition to muscle strength. There is a lot of interest these days in the Bulgarian method, and many people report that training daily at max or near max loads in the manner prescribed in this book and similar resources contributes to strength gains and healing of injuries.

I am a competitive powerlifter. I've read almost everything out there about how to get strong. Of course I've missed a few here and there. I want to tell any of you that are skeptical...there is no other book on Earth that drives the point of training home like this one. There is no more eloquent

and well represented illustration of the dynamic human anatomy, and human condition in general. Mr. Perryman is thinking on a plane most of us will never even see, even though it exists right above our heads. He offers information without giving you a program outright which I admire. Bravo. Bravo. After reading book after book written by meathead idiots that cannot spell or complete sentences, it is quite the refreshing experience to read this book. I thank you, Mr. Perryman for your contribution to mankind's knowledge base and your poetic ability to express scientific principles. The fact that the majority of humans will never comprehend or get past page 2 is a testament to the quality of this publication as most people these days are idiots. So to those of you that are bright, you know who you are. Buy this, learn it. Pass it on.

I bought this book awhile back and since I'm not "social network" active this review is actually my way of getting a message to Matt. My thoughts on the book will be obvious. I was intrigued first by the title, a thought I've had for a very long time. The garbage men of my youth used to "lift" everyday with no issues. Those who do manual labor don't get to take days off. Why can't I work out everyday? Because everything I've read from the so-called "experts" says I can't....I love this book! I've never read a book that so got to my inner questions. Matt writes in a very humble way. There's no arrogance here. He's not selling anything. He's just saying "maybe". Try it and see. Well, I'm 58, and I started lifting everyday. And, I don't do any squats! I work chest, shoulders, arms, back, abs, and I work them almost everyday (at least 6 out of 7 days). Matt says to just show up so that's what I do. I show up and see what happens. I'm now on week 14, maybe 15 with no issues. I relaxed my attitude. I learned from Matt that maybe what I was calling fatigue was just adaptation. I learned to listen, and due a large part to what I have learned from this book, I am free. My body's changed; I've got a look I used to dream about. I highly recommend Matt's book, Squat Everyday.

This author's very, uhm.....controversial.....views actually correspond to centuries of empirical evidence that any military veteran should be familiar with. Soldiers in training encounter daily, increasingly intense physical efforts on the same exercises over and over, without "overturning," and make continual improvements. Perelman uses science to explain why you can apply that to YOUR strength training....and you don't have to go to Ranger School or Selection to get the benefits!

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