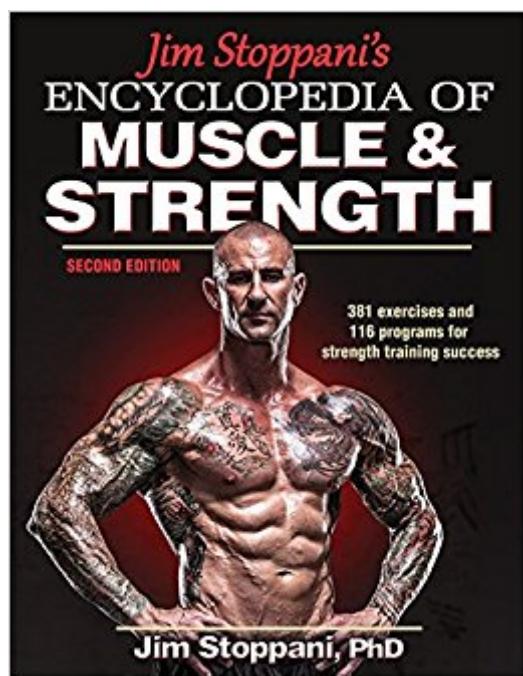


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# Jim Stoppani's Encyclopedia Of Muscle & Strength-2nd Edition



## Synopsis

Finally, a research-based book that covers all facets of optimizing the development of muscle and strength. Jim Stoppaniâ™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 Stoppaniâ™s Encyclopedia of Muscle & Strength is the ultimate resource for pinpointing and achieving the results youâ™re seeking.

## Book Information

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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

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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 elarn somethign 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 it's 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

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