



The Barbell Prescription: Strength Training for Life After 40

Jonathon M. Sullivan , Andy Baker

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The Barbell Prescription: Strength Training for Life After 40 directly addresses the most pervasive problem faced by aging humans: the loss of physical strength and all its associated problems – the loss of muscle mass, bone mineral loss and osteoporosis, hip fractures (a terminal event for many older people), loss of balance and coordination, diabetes, heart disease related to a sedentary lifestyle, and the loss of independence.

The worst advice an older person ever gets is, “Take it easy.” Easy makes you soft, and soft makes you dead. The Barbell Prescription maps an escape from the usual fate of older adults: a logical, programmed approach to the hard work necessary to win at the extreme sport of Aging Well. Unlike all other books on the subject of exercise for seniors, The Barbell Prescription challenges the motivated Athlete of Aging with a no-nonsense training approach to strength and health – and demonstrates that everybody can become significantly stronger using the most effective tools ever developed for the job.

The Barbell Prescription: Strength Training for Life After 40 Details

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From Reader Review The Barbell Prescription: Strength Training for Life After 40 for online ebook

Mark Magagna says

If you're over 40, you need to read this book together with Starting Strength.

You will thank me later, when you are 80 and still healthy.

Colin Fahrion says

Solid book with some good information and science on the importance of strength training for older adults. I'm certainly convinced. My big gripe with the book and the reason I wouldn't give it 5 stars is the bro vibe throughout. It's obvious that the author wants it to be known that strength training is important for everyone of every age, gender, and personality. However it just reads so bro heavy that it could easily turn off anyone that isn't a bro. For example the example of a healthy person he gives in the book is basically a "man's man" who is super athletic, gets all the women, and has easy erections. The book would have been better without the bro humor and with wider range of examples of people who benefit from strength training. I mean one of the reasons people avoid free weights is that side of gym is so bro heavy that they are intimidated. This book does nothing to dispel that. It's all really frustrating as while I want to encourage people to read it but I know the tone of the book will turn many people — especially women and anyone not bro-y — off.

Ro Laberee says

This is one of those books that just grabs ya by the wrist and won't let go, especially if you are a grey hair who wants to get stronger. It contains the most sensible, honest exercise/strength training advice you'll ever read. Sullivan and Baker speak directly to seniors who want to get stronger. It inspired me and it changed my entire approach to fitness. And, what matters most - I am stronger, now. I will never go back to a gym routine of bouncing from one convoluted machine to the next. I'm gonna keep on raising that sublimely simple albeit heavy bar.

Jim Allen says

Superb brief on the benefits of strength training

This was superb! A great argument in favor of strength training, with many programming examples. A very thorough work and well documented.

Kathy says

As a Master Athlete I became disillusioned with crossfit for a variety of reasons. I saw this book on Mark Rippetoe's Starting Strength site, bought it immediately, started reading and couldn't put it down. Dr Sullivan doesn't just communicate lots of scientific information about how the body works and then tell the reader they need to exercise. Instead he talks about the increasingly common metabolic health problems in our society and then specifies a logical, science based framework for creating health which he calls the "Barbell Prescription." He and Andy Baker explain how to implement the prescription in a methodical, considered manner which takes into account the needs of the Master Athlete. They describe programming for different ages and for different levels of competency.

I love this book. It gives me a long term, sustainable training plan. My lifting is improving and I am getting much stronger which keeps me physically more capable. This book doesn't tell the reader how to lift so it is best used in conjunction with the Starting Strength book or with the help of a good coach. The Starting Strength website has a list of coaches who have completed their training program.

Grant says

Great overview of how to get stronger for those over 40. Spoiler, it's not that different than when you were 20. But even more importantly it describes why strength is important as you age; and, why barbells are the most efficient way to get "in shape".

Shaun says

An excellent supplement to Starting Strength and Practical Programming. Aimed at those of us over 40, it provides detailed instruction on how the older athlete can continue to gain in strength while maintaining a life

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Ay says

Referenced. Read some sections. Skipped others. Very solid program and enjoying.

SheRa McGyver says

Clear and well-written. I learned a few things about Masters programming (volume sensitivity and intensity dependency) that I've implemented in my current program. We'll see how things turn out. A little repetitive at times (you'll walk away with an indelible image of the Sick Aging Phenotype and an understanding of the criteria for an effective intervention) but I suppose being a text aimed at Masters we need to read things a few times to encode them ;). I was a little disappointed with the brevity with which female Masters were discussed. I understand the SS proposition that the programming differences between male and female athletes at any age are minor, but I was hoping for a little more guidance on training as a female masters strength athlete, something more than that found in SS and PP, something more on optimizing weekly RECOVERY and managing intracycle FATIGUE, something *magic* that would add 100# to my total by August =D. Oh well, guess I get to experiment with "volume sensitivity & intensity dependence."
