



Getting Stronger: Weight Training for Men and Women

Bill Pearl, Gary T. Moran

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Looks at the history of bodybuilding, and discusses equipment, nutrition, and injuries.

Getting Stronger: Weight Training for Men and Women Details

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From Reader Review Getting Stronger: Weight Training for Men and Women for online ebook

Daphne says

Best weight-training book I've ever used. It was the textbook for my college class on Weight Training back in the day at NCSU, and the basic principles still stand. Clear illustrations and sample routines for a variety of sports make this book a classic in the genre.

David says

Bill Pearl is a legend. Aside from being a physiological freak, he was a powerful intellectual force, and an experimental wizard. An inspiration to anyone who wanted to build their body for any sport, a role model for vegetarians, Bill has written this encyclopedia of how to develop your muscles.

Qasim Zafar says

As a kid in High-School, I came across this book in the library and it helped me a lot in terms of putting together exercise programs for the gym. Recently I saw it on Amazon, used, for a great price and going through it again I couldn't help but think how indispensable it still is.

Camille Anderson says

Great exercises

Daren Doucet says

Great book for building body mass, and doing it with different variations and programs.

Includes programs for strength conditioning for any type of sport you might be playing.
