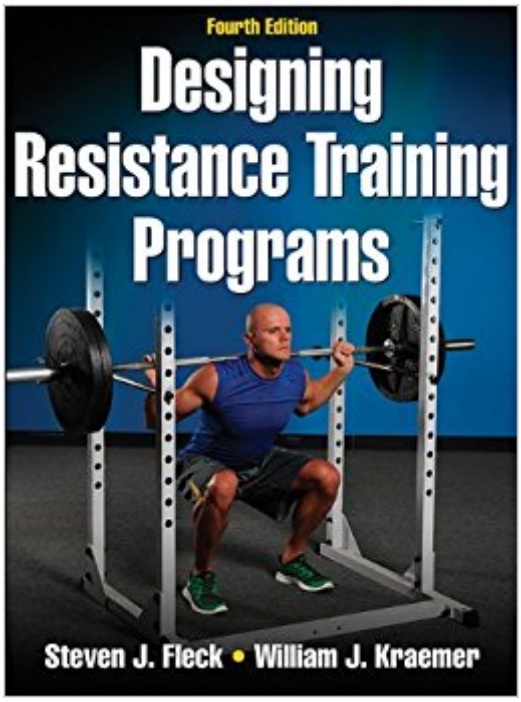
Ebook Directory
the best source of ebook

The book was found

Designing Resistance Training Programs, 4th Edition



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Designing Resistance Training Programs, Fourth Edition, is a guide to developing individualized training programs for both serious athletes and fitness enthusiasts. In this updated and expanded fourth edition, two of the worldÃ¢â ¬â„¢s leading experts on strength training explore how to design scientifically based resistance training programs, modify and adapt programs to meet the needs of special populations, and apply the elements of program design in the real world. Fleck and Kraemer provide readers with a thorough understanding of the process of designing resistance training programs from both scientific and practical perspectives. As with previous editions, the fourth edition includes comprehensive tables that compare data and conclusions from research on core topics related to design of resistance training programs. By summarizing research and content for the reader, these tables offer a study guide, on-the-job reference, or starting point for further research. Designing Resistance Training Programs, Fourth Edition, is the only resource available that presents the body of research in the field in this organized and comprehensive format. The fourth edition has been thoroughly revised to present the most current information while retaining the studies that are the basis for concepts, guidelines, and applications in resistance training. Meticulously updated and heavily referenced, the fourth edition contains the following updates: Ã¢â ¬Â¢ A full-color interior provides stronger visual appeal for the text. Ã¢â ¬Â¢ Sidebars focus on a specific practical question or an applied research concept, allowing readers to connect research to real-life situations. Ã¢â ¬Â¢ Multiple detailed tables summarize research from the text, offering an easy way to compare data and conclusions. Ã¢â ¬Â¢ A glossary makes it simple to find key terms in one convenient location. Ã¢â ¬Â¢ Newly added instructor ancillaries make the fourth edition a true learning resource for the classroom. Designing Resistance Training Programs, Fourth Edition, begins by outlining the principles of resistance training and exercise prescription, and examines the various types of strength training, including isometrics and eccentric training. This is followed by a discussion of resistance training from a physiological perspective and an overview of how resistance training programs interact with the other conditioning components such as aerobic, interval, plyometric, and flexibility training. Readers will then explore advanced training techniques, how to manipulate training variables in a long-term resistance training program, and ways to plan rest into long-term training that minimizes losses in fitness or performance gains. An important text for students, researchers, and practitioners, this textbook offers the information and tools to help readers evaluate resistance training programs and better understand the context and efficacy of new data findings in this ever-changing field. Designing Resistance Training Programs, Fourth Edition, is an essential resource for understanding the science behind resistance training

and designing evidence-based resistance training programs for any population. This text provides the tools for understanding and designing resistance training programs for almost any situation or need.

Book Information

Hardcover: 520 pages

Publisher: Human Kinetics; 4 edition (March 17, 2014)

Language: English

ISBN-10: 0736081704

ISBN-13: 978-0736081702

Product Dimensions: 11.3 x 8.6 x 1.2 inches

Shipping Weight: 3.8 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 8 customer reviews

Best Sellers Rank: #239,114 in Books (See Top 100 in Books) #276 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #7464 inÃ Â Books > Sports & Outdoors #64601 inÃ Â Books > Textbooks

Customer Reviews

Steven J. Fleck, PhD, is an associate professor in health, exercise science, and sport management at the University of Wisconsin-Parkside. He earned a PhD in exercise physiology from Ohio State University in 1978. He has headed the physical conditioning program of the U.S. Olympic Committee; served as strength coach for the German Volleyball Association; and coached high school track, basketball, and football. Fleck is a former vice president of basic and applied research and the current president of the National Strength and Conditioning Association (NSCA). He is a fellow of the American College of Sports Medicine (ACSM) and the NSCA. He was honored in 1991 as the NSCA Sport Scientist of the Year and received that organization’s Lifetime Achievement Award in 2005. William J. Kraemer, PhD, is a professor in the department of kinesiology in the Neag School of Education at the University of Connecticut.Ã Â He holds joint appointments as a professor in the department of physiology and neurobiology and as a professor of medicine at the UConn Health School of Medicine Center on Aging.Ã Â He earned a PhD in physiology from the University of Wyoming in 1984. Kraemer held the John and Janice Fisher Endowed Chair in Exercise Physiology and was director of the Human Performance Laboratory and a professor at Ball State University from 1998 until June of 2001. He also was a professor at the Indiana School of Medicine.Ã Â At Pennsylvania State University, he was professor of applied physiology, director of

research in the Center for Sports Medicine, associate director of the Center for Cell Research, and faculty member in the kinesiology department and the Noll Physiological Research Center. He is a fellow of the ACSM and past president of the NSCA. Kraemer has been honored by the NSCA with both their Outstanding Sport Scientist Award and Lifetime Achievement Award. In 2006, the NSCAÃ¢â ¬â„¢s Outstanding Sport Scientist Award was named in his honor.Ã Â He is editor in chief of the Journal of Strength and Conditioning Research.

I would have given this five stars except that I bought the Kindle edition and the diagrams are small even when the enlarge feature of the Kindle is used. Likewise, when viewing on a computer screen the situation is not much better except that I can use SnagIt to copy a diagram into a Word document and enlarge it to a readable but blurry size. I would recommend the print version over the Kindle version for that reason alone.The LOOK INSIDE feature gives a good flavor of the content. What Fleck and Kraemer do, and do very well I think, is to examine many of the training articles that appear in journals related to training. In particular they look at studies that pertain to various modalities and training variables. Often they perform meta-analyses that try to combine data from different studies that look at a single training factor such as the number of sets of an exercise to perform for maximum training effect. When they do this they will often present the data in a table where one can easily compare results from each study and compare (or contrast) the results from one study to another.What you will not find in this book are exercise descriptions, an assortment of sample routines for various sports, etc. In other words the authors assume you have a job that requires you to design resistance training programs and you already know your way around a gym, how to use the equipment, and how to perform the exercises. Most of the studies they examine involve acute training variables such as time between sets or techniques such as forced repetitions, functional isometrics, eccentric training and periodization both classic and nonlinear.If you are working in the field or if you just like resistance training and learning as much as you can about it, then you will probably love this book.If you’re just starting out and want to get enough knowledge so that you won’t feel totally uncomfortable in a weight training facility, then there are better choices.One thing that Fleck and Kraemer neglect to tell you is that, over time, heavy training can play havoc with your body, Dr. Oz mentions this in his book YOU: AN OWNER’S MANUAL. As evidence of this are Sylvester Stallone and Arnold Schwarzenegger who were in the hospital at the same day getting their shoulders operated on. Even worse, Frank Zane, a two-time Mr. Olympia winner, has had total shoulder replacement.An orthopedic surgeon who was studying cartilage and aging told me that as people get older their bodies lose the ability to manufacture enough of a

protein that is required to maintain cartilage. It would be interesting to find out if this holds true for members of the CALORIE RESTRICTION SOCIETY since calorie restriction studies of animals show less osteoarthritis. Their chapter on training the elderly seems too brief for my tastes. By age 75 most Americans have arthritis somewhere. Combining information from this text which has a lot of information about isometric exercise (one of my favorite ways of training now that I am older and have more sense and less cartilage) and the American Council on Exercises PERSONAL TRAINER MANUAL which says that two forms of exercise tolerated best by people with arthritis are swimming and isometrics I am trying to optimize my training which has many isometric versions of exercises.Also, and it is not Fleck and Kraemer's fault, their is no mention of trying to combine nonlinear periodization with SuperSlow(TM) training. I tried this and had great success with it. SuperSlow usually advocates single sets of three to six repetitions. To add a periodization component I would depart from this protocol and do three sets of one very slow repetition, but with heavier weights -- about 80% to 90% of 1RM (one repetition maximum). Fleck and Kraemer, if you're reading this, see if someone would like to do their own study. SuperSlow has its detractors, but for safety and training longevity I think it has a lot of merit.

Great guide for developing individualised programs. Scientifically based and where the science is not settled you know. Good solid, practical advice on how to design scientifically based resistance training programs and how to modify and adapt programs according to the individuals special needs or circumstances. Definite 5 star book..

Wow!! Doesn't get much better than this

Excellent, thorough reference on strength training. Sums current advances in the field also.

Excellent book! Is a book that every trainer must have!

Great book

Concise, well-written, thorough.

Had to have this book for a graduate class. I have to say, I've had to read a lot of material and read a lot of material for pleasure that's more informative than this particular literature. This book seems

to be a combination and review of studies rather than original material and thought. It’s also a lot of basic information. I think this would work well for undergrad students or if you want to brush up on certain topics.

Download to continue reading...

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Designing Resistance Training Programs, 4th Edition Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your DogÃ¢â ¬â„¢s Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight

Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... Guide to Weight Training for Sports, 25) Puppy Training: The full guide to house breaking your puppy with crate training, potty training, puppy games & beyond (puppy house breaking, puppy housetraining, ... dog tricks, obedience training, puppie) The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for Volleyball: Develop power, speed, agility, and resistance through strength training and proper nutrition IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances

Contact Us

DMCA

Privacy

FAQ & Help