



Getting Stronger: Weight Training for Men and Women (Revised Edition)

By Bill Pearl

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For the estimated 26 million Americans lifting weights in 1987, here is the most complete book ever published on weight training. Features an easy-to-use format with one-page training programs that can be photocopied. Over 2,000 illustrations, 45 photos.

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Editorial Review

From Publishers Weekly

Pearl, a four-time Mr. Universe, and runner/triathlete/weightlifter Moran here adapt Pearl's self-published *Keys to the Inner Universe* for a wider audience. What results is a crisp, well-organized manual for men and women that incorporates reliable guidance for bodybuilders at all levels, programs for general fitness training in the gym and at home, and routines by top athletes and coaches to fit the requirements of 21 sports, ranging from football to cycling. Accompanying each section are illustrated workout charts cross-referenced to freeweight, Nautilus and Universal exercise instructions. Other parts of this large-format work discuss drugs, injuries, nutrition, how the muscles work, training concepts and the history of resistance exercise. This book has few peers in the field.

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From School Library Journal

YA Pearl offers a comprehensive introduction to weight training. He cautions readers on ways to avoid injury, but the supervision of a coach is still advisable in high-school weight rooms. Beginning with beginners, Pearl provides guidance on how to structure a fitness program and how to increase the level of fitness attained; he also offers discussion on choosing equipment, human musculature, nutrition, and steroids, as well as "A Brief History of Resistance Exercise" by Terry Todd. Exercise programs that are appropriate for general bodybuilding are outlined, as well as those for specific sports (aerobic dance, running, basketball, and triathlon), for fine tuning specific parts of the body, and for exercises with free weights and various name brand machines. The carefully drawn illustrations show men and women demonstrating the exercises; students can easily see how to proceed. Given the current enthusiasm for weight training by athletic departments and physical education programs, no high-school library can afford to pass this title by. Dorcas Hand, Episcopal High School, Bellaire

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From Library Journal

This manual from a former Mr. Universe (Pearl) outlines over 70 programs to help the novice as well as the athlete in body building. There are programs for men and women for use with free weights or with machines. The book's organization is inconvenient, with warm-up and stretching treated last, but the exercise programs themselves are sound and easy to follow. Recommended for the larger health and fitness collection. Robert Schmid, Univ. of Health Sciences/Chicago Medical Sch. LRC, North Chicago

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Robert Franco:

This *Getting Stronger: Weight Training for Men and Women (Revised Edition)* book is not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is usually information inside this e-book incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. That *Getting Stronger: Weight Training for Men and Women (Revised Edition)* without we know teach the one who reading it become critical in pondering and analyzing. Don't end up

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