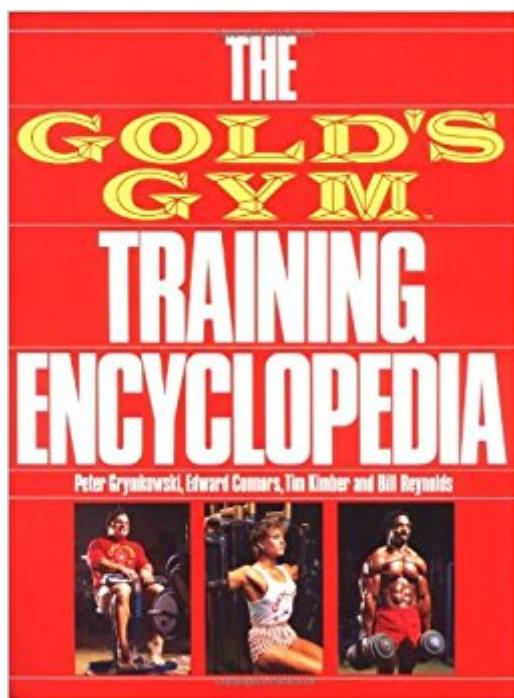


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The Gold's Gym Training Encyclopedia



Synopsis

"The Gold's Gym Training Encyclopedia is the best book of its kind. I wish I'd had this book when I began bodybuilding. It would have saved me two or three years of wasted effort." -- Samir Bannout, Mr Olympia 1983 Gold's Gym--the most trusted and best-known bodybuilding emporium in the world--presents the first encyclopedia of bodybuilding and weight-training exercises and routines ever assembled. The Gold's Gym Training Encyclopedia details the full spectrum of resistance exercises available--body part by body part, technique by technique. Featured are more than 300 proven exercises for all parts of the body, using free weights as well as Nautilus and Universal machines. Each exercise is clearly described and is illustrated by champion bodybuilders only, who in addition have contributed 150 of their best training programs. Such top stars include Scott Wilson, Carla Dunlap, Mohamed Makkawy, Tom Platz, Casey Viator, Tim Belknap, Rachel McLish, Mike Christian, Charles Glass, Inger Zetterqvist, Sue Ann McKean, Andreas Cahling, Rich Valente, Boyer Coe, Samir Bannout, and Julie McNew. Peter Grymkowski has won a number of bodybuilding titles, including IFBB Mr. World and Mr. America (heavyweight). He, Edward Connors, and Tim Kimber are co-owners of Gold's Gym Enterprises, Inc. Bill Reynolds is the author of scores of articles and books on weight training and bodybuilding, including The Gold's Gym Book of Bodybuilding, Weight Training for Beginners, and Bodybuilding for Beginners, all published by Contemporary.

Book Information

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Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

This was my bible back in the 80's when I was bodybuilding. It taught me how to stand and how to hold the weights correctly to prevent injury and to gain the maximum benefit out of the exercise. I got lazy in my old age and stopped pumping iron but I'm once again taking up the sport. You're never too old! I think I gave it away to a friend a long time ago so finding it at was a nice surprise, and I jumped at the chance of owning it once more. As I'm writing this I haven't received it yet, but I can write an honest review regardless, having read it from cover to cover many times. Definitely worth getting, and I just wish it was available in ebook format!

Another reviewer said "The exercises that worked twenty years ago work just as well today." After reading this book I completely agree. It approaches training from the world of body-building. The upside of this is that you get a clear idea of how to work on specific areas of your body, rather than just general fitness. Pros: Excellent value. Includes training routines for each muscle group. (beginner, advanced, and several examples of advanced routines). Many pointers on how to get the most out of each exercise, as well as typical mistakes that beginners make. Explanations of advanced training techniques (Training to Failure, Compound Sets, Preexhaustion, Peak Contraction, Contiguous Tension, Negative Reps, and so on). A fairly light book considering the size. Cons: Could use an update (that is if modern publishers could manage not to screw up the original content)

Routines come and go like the seasons but the best weight training exercises will never change. Over the years I have collected certain "workout" books and purchased this book for that reason. Fun and inexpensive hobby that gives my weight room that "Other than looking like a goddess, I can read" look lol....

I had the book years ago and gave it to someone who never returned it. When I ordered the book and it came to the house it was in great shape. I have been pulling different routines out of it and it is amazing how well it has helped me. If you are looking for an old school workout it is just what the doctor ordered.

Book is a bit dated, but tells and shows what to do. Good value.

Great book!!!!

It is a replacement for one I loaned out it's a a great book.

(From Thailand) Good Service ,Fast Shipping ,Very Very Good ,A + + + + +

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