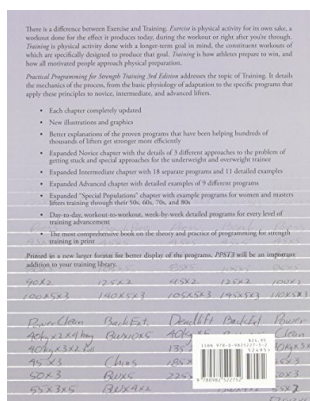


[PDF] Practical Programming For Strength Training

Mark Rippetoe, Andy Baker - pdf download free book



Books Details:

Title: Practical Programming for Str

Author: Mark Rippetoe, Andy Baker

Released:

Language:

Pages: 256

ISBN: 0982522754

ISBN13: 9780982522752

ASIN: 0982522754

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Description:

There is a difference between Exercise and Training. *Exercise* is physical activity for its own sake, a workout done for the effect it produces today, during the workout or right after you're through. *Training* is physical activity done with a longer-term goal in mind, the constituent workouts of which are specifically designed to produce that goal. Training is how athletes prepare to win, and how all motivated people approach physical preparation.

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