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of experience and success with current scientific research (over 90 peer-reviewed publications are referenced)—all explained simply and organized in a clear format that is easy to follow.

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Stellabotte and
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simple: to enable you
to master proper form
and prevent injury
when lifting weights.

**Weight Training
Without Injury: Over
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With over 350 full-color, step-by-step photos, *Weight Training Without Injury's* unique, revolutionary approach teaches right from wrong at every step with meticulous attention to detail. Stellabotte and Straub's mission is simple: to enable you to master proper form and prevent injury when lifting weights.

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**(PDF) Weight
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Step-by ...**

Barbell exercises are typically done with both sides of the body at a time (bilateral). Over time, this type of training can cause you to develop muscle imbalances. In order to balance out both sides of the body and improve your core strength, you need to include some unilateral

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training in your routine.

Step By Step
**Joint-Friendly
Workouts to Gain
Without Pain |
Muscle ...**

The following articles
serve to supplement
(and complement) the
material found in
Weight Training
Without Injury: Over
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optimal fitness through
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injury! —Fred
Stellabotte and Rachel
Straub, MS, CSCS.

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When you're weight
training, do: Lift an
appropriate amount of
weight. Start with a
weight you can lift
comfortably 12 to 15

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times. For most people, a single set of 12 to 15 repetitions with a weight that fatigues the muscles can build strength efficiently and can be as effective as three sets of the same exercise.

**Weight training:
Do's and don'ts of
proper technique ...**
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Weight Training

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Nice article. I have knee pain that came unexpectedly during a week of rest from strength training. The pain is right below the knee cap as I'm walking but it's not too bad. Still I'm scheduled for an x-Ray. I often used the glute extension machine and did lunges holding 30lb before taking a break.

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7 Most Common

Weight Lifting

**Injuries (&
Prevention Tips)**

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A better option is Fred Stellabotte's Complete Shoulder Move, a four-step move created more than 50 years ago to address shortcomings with standard shoulder exercises. Use very light weights as you raise shoulders up, together, out wide, rotated down and then lower back down by your sides. This multi-faceted move is a must try.

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Start Strength Training After 60 With These Targeted Moves ...

Deadlift refers to the lifting of dead weight (weight without momentum), such as weights lying on the ground. It is one of the few standard weight training exercises in which all repetitions begin with dead weight. In most other lifts there is an

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eccentric (lowering of the weight) phase followed by the concentric (lifting

Deadlift - Wikipedia

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Rachel Straub] -- "With

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Without Injury's
unique, revolutionary
approach teaches right
from wrong at every
step with meticulous
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Weight Training
Without Injury. Fred
Stellabotte & Rachel
Straub "This guide is

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who hopes to get into
weight training, and it
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reading before setting
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(Publishers Weekly).

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frequency, from

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studied 50 men and
women accustomed to
strength training and
tested them on 12
weeks of reduced
training frequency,
going from 2 or 3 days
per week to 0, 1 or 2
days per week. Those
reduced to zero lost
strength as expected
(about 70% over the
12 weeks), but for
those ...

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