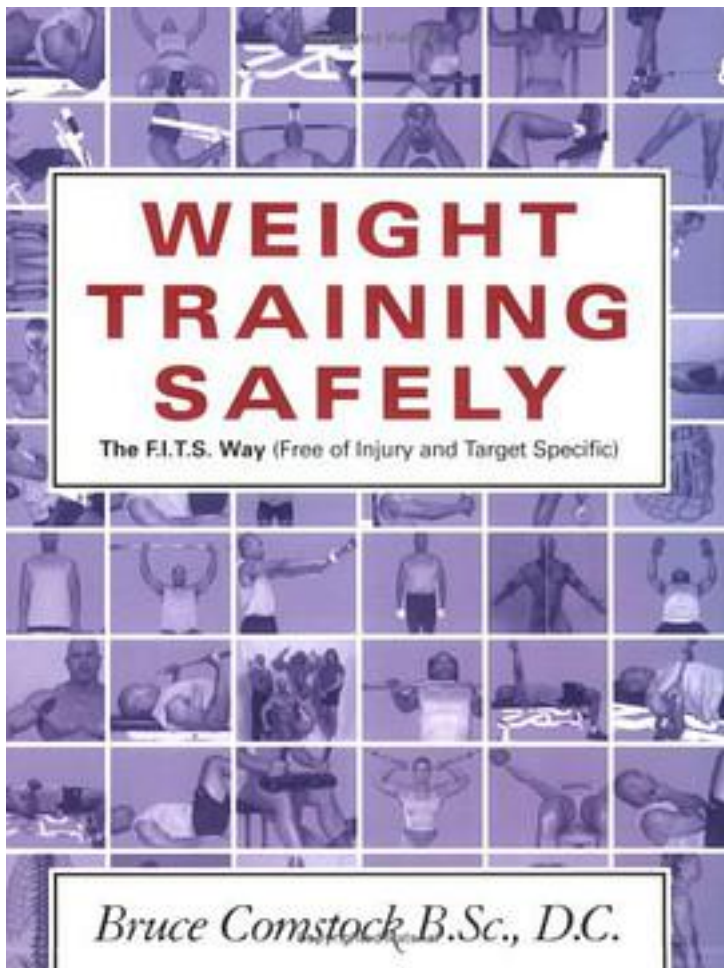


Weight Training Safely



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"No pain, no gain" is the phrase in the heads of most people who actively lift weights, and it is misleading in the extreme. While there are sensations of pain that indicate the

activity in question is beneficial, the vast majority aches and pains -- and severe pains in many cases -- associated with weight training are indicators of the use of improper technique, resulting in tissue damage. We've all seen this series of events play out. An individual begins weight training and commits enough time and effort to the activity that they soon come to appreciate it for its own merit -- it makes them feel good and it increases their energy supply significantly. Their enthusiasm grows, they work out more and they work out harder. Then injury strikes in the form of torn or damaged tissue. The first command from their doctor is, sadly, stop weight training. What this individual doesn't realize is that their injury isn't from a single incident or a single work out, but rather from lifting weights incorrectly over the course of their involvement in the activity. Noted chiropractor and dedicated weight trainer himself, Dr. Bruce Comstock has spent several years researching this book to arrive at a series of clear steps that weight trainers can take to dramatically increase the benefits of their training and, equally as important, dramatically decrease their potential for injury. A must-read book for the millions of Americans who regularly lift weights, and for the millions more who are looking to get started.

作者介绍:

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