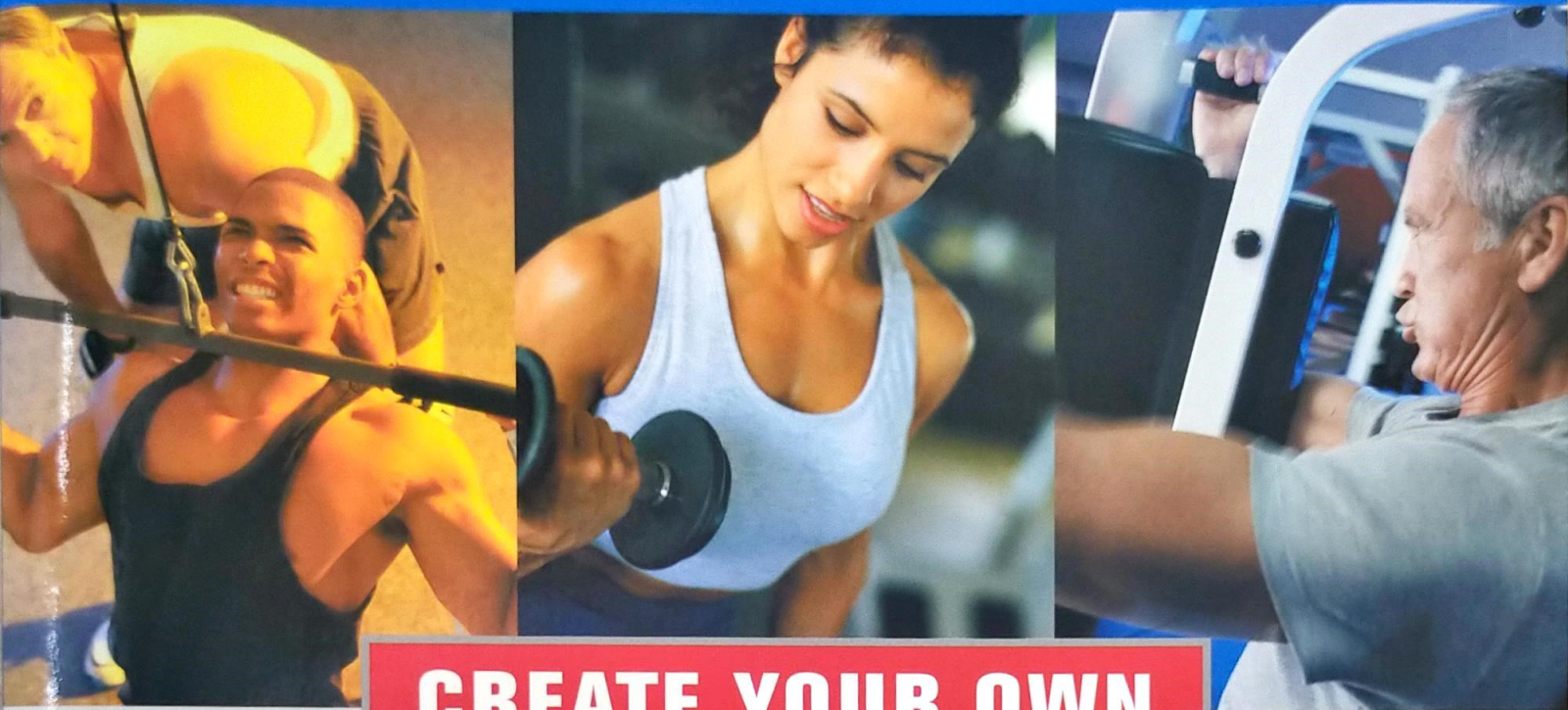


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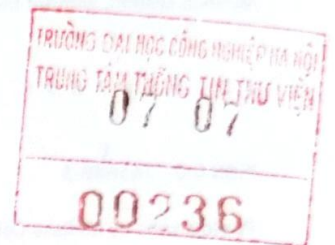


CREATE YOUR OWN

**Individualized Workout Plan Using the
Revolutionary BAM Superset™ System**

DALE GREENWALD, CSCS & ERIK MILLER, CPT

WEIGHT TRAINING BY DESIGN



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Library of Congress Cataloging-in-Publication Data

Greenwald, Dale.

Weight training by design : customize your own fitness and weight loss program using the revolutionary BAM superset™ method / Dale Greenwald & Erik Miller.

p. cm.

Includes index.

ISBN 0-07-145888-3

1. Weight training. I. Miller, Erik. II. Title.

GV546.G74 2006

613.7'13—dc22

2005007272

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1 2 3 4 5 6 7 8 9 0 DOC/DOC 0 9 8 7 6 5

ISBN 0-07-145888-3

Photographs by Melissa Collins and Erik Miller.

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acknowledgments and special thanks foreword

Numerous books and handbooks have been written regarding strength training and conditioning. But there are few that combine sound scientific principles and simple instructions in a very easy-to-read and practical format as *Weight Training by Design* does. Dale Greenwald and Erik Miller have combined their expertise to provide a guide on how to design and perform workouts in a safe and effective manner. The authors are knowledgeable and accurate in their anatomy, biomechanics, and applied physiology directed at fundamental principles in strength and conditioning.

Through the years I have taken care of many elite athletes as well as recreational athletes. They typically see me once they have had an injury. Consistently, they tend to share that they are looking for guidance on how to prevent injuries. I have not come across a more pertinent book than this to respond to that need. The discussion of proper techniques in training throughout the book is extremely helpful. I particularly like Chapter 2, "The Chapter of Lists," which provides a very good explanation of what to avoid when setting out on a training program.

The BAM Superset is a new concept to most athletes and makes good common sense. By combining various opposing muscle groups, the body gets an excellent workout without early fatigue. This is important for anyone

who sets out to do an efficient weight training and conditioning program. It also applies to the majority of sporting activities since not one single muscle group is isolated, but in reality a combination of muscle groups are utilized for active movements.

Easy to understand, *Weight Training by Design* is quite applicable to all: from the novice in the weight room to the master athlete who has extensive experience in lifting and training; from the executive with only a few hours a week to work out to the athlete who lives and breathes working out; and from the high school athlete to the professional athlete.

I believe this book will become a well-used reference in all fitness and weight room facilities. I wholeheartedly recommend it and look forward to incorporating these principles in the training of the athletes I take care of, as well as in my own personal workouts. I tip my hat to these authors for their contributions in advancing the science and communication of strength training through this book.

—Eric McCarty, M.D.

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Associate Professor, University of Colorado School of
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and University of Denver