



“I Have Never in My Life Used Weights— Any Advice for a Novice?”

—Rachel Straub, MS, CSCS

Working with weights can be the most beneficial thing you do for your body, or detrimental if you practice incorrectly. The exercise will never hurt you—it is improper form that will injure you.

That’s why learning from someone who understands the benefits of proper weight training, how to train correctly, and the danger of incorrect training is crucial. Where can you obtain trustworthy information? We are not aware of any one source, which is why we created *Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not to Do!*

Yes, there are endless fitness books, magazines, and exercises videos to purchase, but they all show you exercises without adequate concern for educating you about what you should and should not do. Can you benefit from these other sources? Yes, but, only if you truly understand how to use weights and how the body functions, which most people do not know.

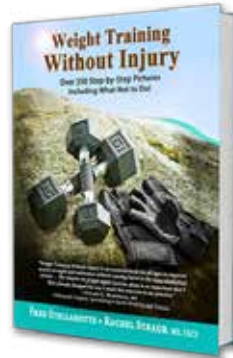
Why, you may ask, should you trust us? Well, for starters, we always teach you the difference between the right way and the wrong way to train so that you can be sure you are exercising correctly. Does any other exercise source do this? No—which is what makes our book one of a kind. Also, the techniques we present are extensively supported by current research (with over 90 peer-reviewed publications referenced). Moreover, our book is endorsed by experts in bodybuilding, sports medicine, and physical therapy, unlike any other source (at least that we and our colleagues have seen throughout our careers). And finally, Fred Stellabotte has trained thousands of individuals of all shapes, sizes, and skills for over 50 years, so the methods presented are rooted in his experience gained through a lifetime. He has dedicated his life to studying the human body, with the most important goal being safety first.

If you wish to master the essentials of proper weight training and be safe, *Weight Training Without Injury* is for you. You will learn the difference between right and wrong at every step, so that you can achieve a safer and more beneficial workout, either for yourself or, if you are a trainer, for a client.

Visit our website for information about the book:

[Weight Training Without Injury: Over 350 Step-By-Step Pictures Including What Not to Do!](#)

For details on structuring a weight-training program (and much more), please refer to *Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not to Do!*, a full-color manual that illustrates incorrect vs. correct technique for trainers, professionals, intermediates, and novices by Fred Stellabotte and Rachel Straub, MS, CSCS.



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