

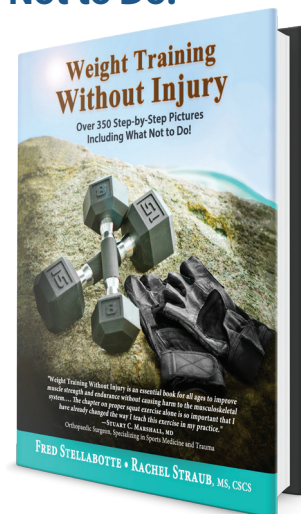
# Weight Training Without Injury

## Over 350 Step-by-Step Pictures Including What Not to Do!

### Overview

The exercise will never hurt you—only improper form causes injury.  
Master the essentials of proper weight training and be safe!

With over 350 full-color, step-by-step photos, *Weight Training Without Injury* 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. The book blends 50 years 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.



#### Title

Weight Training Without Injury

#### Subtitle

Over 350 Step-by-Step Pictures Including What Not to Do!

#### Authors

Fred Stellabotte and Rachel Straub, MS, CSCS

#### ISBN, LLC Number & Formats

978-0-9962638-1-8 (softcover)

978-0-9962638-4-9 (hardcover)

Library of Congress Control Number: 2015937998

Also available in e-book format

#### Date of Publication

Softcover: January 1, 2016 | Hardcover: July 1, 2016

#### Category

Health & Fitness

#### Trim & Page Count

8x10 inches | 294 pages

#### Price

Softcover \$59.99 | Hardcover \$99.99 | Ebook \$49.99

#### Binding & Digital Formats

Perfect bound, softcover; hardcover; EPUB, EPUB Fixed Layout, MOBI

#### Distribution

Ingram, Brodart, Bertrams, Peter Pal, and many more

#### Illustrations, Index, Bibliography

370 full-color photos. 14-page index. Bibliography

#### Publisher

Regalis Publishing, LLC  
340 S Lemon Ave #6395  
Walnut, CA 91789 USA

#### Website & Author Contact

<http://www.WeightTrainingWOI.com>  
Email: [info@weighttrainingwoi.com](mailto:info@weighttrainingwoi.com)

### Praise

"... The attention to detail is unparalleled among other texts in the field. If you were going to read and use only one book on weight training, this would be it!"

—**Christopher M. Powers, PT, PhD, FACSM, FAPTA, Professor, USC Division of Biokinesiology & Physical Therapy**

"... The chapter on proper squat exercise alone is so important that I have already changed the way I teach this exercise in my practice."

—**Stuart C. Marshall, MD, Orthopaedic Surgeon, Specializing in Sports Medicine and Trauma**

"... This guide is essential for anyone who hopes to get into weight training, and it should be mandatory reading before setting foot into any gym."

—**Publishers Weekly**

"A clear and comprehensive guide, backed by scientific evidence and decades of real-life experience. A must-have for anyone needing to weight train safely—which is just about everyone."

—**Frank Winton, MD, Family & Sports Medicine**

"I absolutely love ... *Weight Training Without Injury!* ... It has a strong focus on feet and hand placement, head and neck alignment, spine and hip range of motion, and shoulder and knee joint stability. Science in the weight room—LOVE IT!"

—**Stew Smith, CSCS, Former Navy SEAL, Special Ops Team Coach at the US Naval Academy**

## The Authors

**Fred Stellabotte**, a US Navy veteran and an expert in bodybuilding, has developed weight-training programs with a focus on proper form and injury prevention for over 50 years. He has trained movie stars, champion bodybuilders, professional athletes (including Los Angeles Dodgers baseball team and Oakland Raiders football team players), and members of the general public. From 1970 to 1989, he founded and directed southern California's Manhattan Beach Athletic Club for Men and the Manhattan Beach Athletic Club for Women, two of the largest facilities of their kind in America. His knowledge and experience result from years of research, including study with monks who practice martial arts in China; extensive coursework in kinesiology, anatomy, and neurology; and scrutiny of proper muscle function through examination of his own body in front of mirrors. *Weight Training Without Injury*, co-authored by one of his star students, Rachel Straub, is Fred's legacy. It shares his knowledge, acquired over a lifetime, with future generations.



**Rachel Straub**, MS, CSCS, is a Phi Beta Kappa graduate of Carnegie Mellon, where she received her BA in chemistry with university and research honors. She holds master's degrees in exercise physiology and nutritional sciences from San Diego State University and a third master's degree in biokinesiology (with a focus on biomechanics) from the University of Southern California. She has been certified as a strength and conditioning specialist by the National Strength and Conditioning Association and is the co-author of scientific papers in the fields of biomechanics, sports medicine, nutrition, and computational chemistry, published in the American Journal of Sports Medicine, Journal of Strength and Conditioning Research, Journal of Electromyography and Kinesiology, Nutrition Research, and Physical Biology and other journals. Rachel, a skilled investor, currently co-manages extensive brokerage accounts that are outperforming benchmark indices such as the S&P 500 and NASDAQ Composite.

Visit the authors at [www.WeightTrainingWOI.com](http://www.WeightTrainingWOI.com).  
Contact them by sending an email to [info@weighttrainingwoi.com](mailto:info@weighttrainingwoi.com).



<https://www.facebook.com/WeightTrainingWithoutInjury>



<https://twitter.com/WtTrainWOInjury>



<https://www.pinterest.com/WeightTrainWOI>



<https://plus.google.com/+WeightTrainingWOI>



<https://instagram.com/WeightTrainingWOI>

