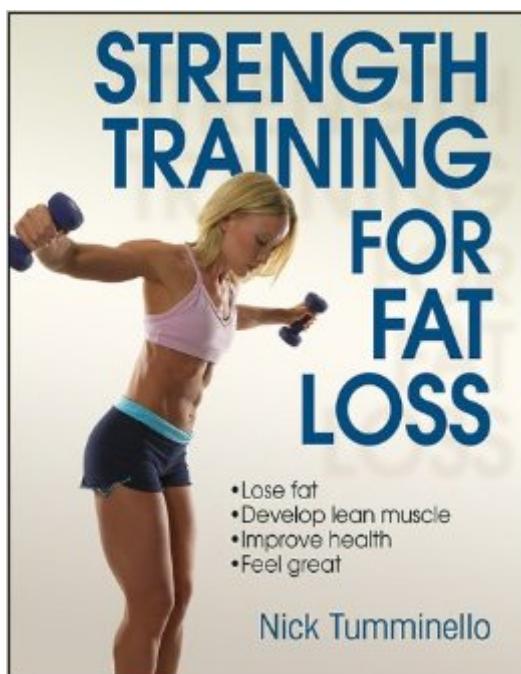


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Strength Training For Fat Loss



Synopsis

No fads, gimmicks, or miracle claims. Just science-based programming, sensible strategies, and the results you desire. In *Strength Training for Fat Loss*, Nick Tumminello, renowned trainer and innovator in the field of human performance, explains how to use the 3 Cs of metabolic strength training—“circuits, combinations, and complexes” to accelerate your metabolism, maximize fat loss, and maintain muscle. Inside you’ll find these features:

- More than 150 exercises using barbells, dumbbells, resistance bands, machines, and body weight
- Realistic nutrition recommendations for staying healthy, maintaining muscle, and regulating your metabolism
- Step-by-step instructions, photos, and advice for performing and sequencing the most effective fat-loss circuits, combinations, and complexes
- Warm-up and cool-down exercises that include stretches and self-massage techniques to activate or restore muscles
- Home-, gym-, and body-weight-based workouts along with comprehensive programming for losing fat quickly and keeping it off

Whether you’re a beginner looking for a step-by-step guide to fat loss or a seasoned fitness professional looking for new exercises to spice up existing routines, *Strength Training for Fat Loss* is the safe program that produces results.

Book Information

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Customer Reviews

I workout 3-4 times a week; cardio and weight training. I've done this for the past 4 years despite having fibromyalgia. I enjoy how these workouts make me feel mentally, but physically it can be tough. I am stronger and leaner because of strength training, which is why this book caught my eye. Where this book shines for me is in the over 150 exercises it illustrates for the reader. It offered

some new-to-me training exercises which I can incorporate into my routine, which was great! Those exercises will help fight off boredom in the gym and combined with HIT training, should help with a metabolism kick start. Both good things! The title made me think there would be a bit more on nutrition in the book, but the basic ideas of lean protein and healthy carbs are there. The majority of the book is about explaining the exercises - some that are common and some that are not - with text and sequential photos. The photos are in black and white, but very helpful in illustrating proper form. This book isn't really a beginner's 'how-to' as much as it is an intermediate to advanced gym rat's tool. There is a section or two for beginners, but I think this book would be a bit intimidating for those looking for fat loss and not already aware that that may mean weight gain in the form of muscle. It's not a diet book or a weight loss book. It's about building muscle to boost your metabolism to burn more fat. Chapter 9: Fat Loss Workouts, comes at the end of the book, and workout programs are in table formats. Since the title is 'Strength Training for Fat Loss' I wish I'd seen these programs at the start of the book with photos instead of at the back.

Strength Training For Fat Loss • by Nick Tumminello is a well written and designed book that focuses on metabolic strength training for the purpose of losing fat. It is important to recognize that. This book focuses on exercises and routines when fat loss is your primary training goal. If you have different training goals, such as strength training, bodybuilding, or power lifting, you would train differently. However, during your cycled training throughout a year, you might incorporate two months of this metabolic strength training to cut some fat. After the introduction, chapter one shares some benefits of fat loss. Trust me, if you are carrying extra fat on your body, you will benefit from losing it. Tumminello just touches the surface on some of the major benefits from losing excess fat. Chapter 2 describes metabolic strength training and how it works to improve your physical appearance and functional ability. Tumminello introduces the three metabolic strength training concepts that form the basis of the routines in this book. These are strength training circuits, strength training complexes, and strength training combinations. This introduction to the concepts shares why they are effective. Chapter 3, Nutrition for Fat Loss, provides some basic and sound nutritional guidelines. Nothing fancy or complicated, just solid advice on how to eat more healthy. Chapters 4, 5, and 6 focus on the three big concepts: Circuits, Combinations, and Complexes. This portion of the book is like many exercise books in that Tumminello describes many exercises and exercise sequences with descriptions and photographs. I found both clear and easy to understand.

I recommend Strength Training for Fat Loss to my own clients on a regular basis when their goal is maximize fat loss through resistance training, to save time, and especially when the goal involves doing something different than traditional strength or bodybuilding-style programs. Nick teaches how to optimize resistance training design to give the best of both worlds - building strength and muscle along with increasing the metabolic effect of training to burn more fat at the same time. Metabolic weight training, circuit training and resistance training with complexes are very popular and not exactly brand new at this point in time - the basic concept has been discussed before in many other books and online programs. However Tumminello approaches the subject in a way that makes this book different. Even when his workout programs are time-bound, you can use what you learn in this book over and over again for life. That puts this book in the category of "great reference book" to keep on your shelf for life and refer back to it through the future. This is what I like about Nick's approach the most: He gives you resistance training templates, which means the general category of exercise (movement pattern), and then he fills about 90% of the book with exercise instruction, including excellent black and white photos. By keeping chapters on theory and background to a minimum and allowing so much space dedicated to explaining the exercises, Nick is able to do two things: 1. All the basic exercises are included - Nick doesn't assume everyone knows how to perform a squat or lunge or Romanian deadlift, so he devotes space to these fundamentals. 2. He also includes unique and unusual exercises that most people have never even heard of.

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