



Training for Mass, Second Edition

By Gordon LaVelle

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Praise for the first edition

...gives the reader a comprehensive and informative look at how bodybuilding should be performed: in a high intensity manner. Training for Mass provides the best rationale ever published as to why this is true.

-David Robson,
Staff Writer, Bodybuilding.com
Co-author, *Heart of Steel: The Dan Lurie Story*

...stands in a class by itself...Written in clear prose with logical explanations, this is an essential book for the thinking bodybuilder.

-Timothy Shanahan, Ph.D.
Professor of Philosophy, Loyola Marymount University
Author, *The Evolution of Darwinism*

...boldly steps out on its own, with confidence and intelligence, and provides you with an essential, must own, bodybuilding classic.

-Steve Shaw
Staff writer, Muscledbrawn.com

...this book opened my eyes and made me think. What a difference! Training is fun again and it takes far less time. I'm getting stronger again...each week.

-Warren Moore, DC

A revised and expanded update of the original

Most bodybuilders operate under a simple misconception: To build muscle, you have to wear yourself out with long, draining workouts. The first edition of *Training for Mass* showed that this notion is false - and it explained how growth comes instead from the stimulation of brief, highly intense exercise. The *Second Edition* brings an even greater depth of analysis to what may be the most effective and efficient strategy of mass-building ever devised. Just like the original, the *Second Edition* is not a picture book. It's filled instead with serious information and thoughtful analysis - all aimed at challenging its reader to *think*.

High-intensity training was designed to exploit the scientific finding that

intensity is the only important factor for muscular growth. *The Second Edition of Training for Mass* explains, in detail, this mechanism of growth stimulation. It also describes the ideal way to apply this knowledge in the gym. But this isn't all armchair theory. The author and several other notable figures have used these techniques to become champion bodybuilders. At least one achieved the status of world champion by using these methods.

Changes for the *Second Edition*: Several key sections have been revised. A good deal of attention is now paid to the technical details of working sets, all the way down to the character of individual reps. There should now be little doubt about what an ideal workout should look like. The chapters dealing with intensity, duration, and specificity received an overhaul. Several other chapters, including *Working sets*, *Volume and injury*, *Free weights vs. machines*, *Range of motion*, *Nutrition*, and the conclusion have been rewritten and/or expanded. Almost every part of the book was changed at least somewhat. There are also some new appendices covering controversial topics, including a section on steroids. The new version also has 35% more content overall than the original. Beyond that, it's the same basic book: It emphasizes the use of logic in determining training routines and methods, with advice based on a combination of rational consideration and real-world experience. Like the first edition, it's full of unusual insight and instances of dry humor. It's like no other training book on the market.

Sample chapters and a bonus chapter can be found at the TrainingforMass website.

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Editorial Review

About the Author

Gordon LaVelle is a former competitive bodybuilder with more than a quarter-century of weight-training experience. He's an author of books and articles about weight training and other fitness-related topics, and holds a BA in Philosophy from the University of California at Santa Barbara.

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