

# lower back pain exercises deadlift

The title for the article is: Mastering the Deadlift for Lower Back Pain Relief and Strength

lower back pain exercises deadlift and the pursuit of a stronger, pain-free back often intersect. While the deadlift is a powerhouse compound movement known for building overall strength, its impact on lower back health is a subject of great interest and sometimes, concern. This comprehensive guide explores how specific deadlift variations and proper execution can serve as effective lower back pain exercises, promoting resilience and reducing discomfort. We will delve into the biomechanics of the lift, essential form cues to protect your spine, and how to incorporate deadlifts safely into a rehabilitation or strength-building program. Understanding the nuances of this fundamental exercise can unlock significant benefits for individuals experiencing or seeking to prevent lower back issues.

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## Understanding Lower Back Pain and the Deadlift

Lower back pain is a widespread ailment affecting millions globally, often stemming from weak core muscles, poor posture, or sedentary lifestyles. The search for effective solutions leads many to explore strength training, and the deadlift frequently emerges as a potent, albeit sometimes intimidating, option. Contrary to popular belief, when performed correctly, the deadlift is not inherently detrimental to the lower back; rather, it can be a powerful tool for strengthening the supporting musculature.

The key lies in understanding how the deadlift engages the posterior chain – the muscles on the back of your body, including the erector spinae, glutes, and hamstrings, which are crucial for spinal stability. By strengthening these muscles, the deadlift can improve your body's ability to support the spine under load, thus potentially alleviating existing pain and preventing future episodes. This article aims to demystify the deadlift's role in managing lower back discomfort and highlight its benefits as a targeted exercise.

## The Biomechanics of the Deadlift and Spinal Health

The deadlift is a fundamental movement pattern that mimics lifting an object from the floor.

Its effectiveness for lower back health stems from its ability to engage multiple muscle groups simultaneously, promoting a coordinated effort to stabilize and move the spine. During a proper deadlift, the erector spinae muscles work isometrically to maintain a neutral spine, preventing excessive flexion or extension. This constant tension strengthens these postural muscles.

Furthermore, the gluteal muscles and hamstrings are powerfully recruited, which, when strong, contribute significantly to pelvic stability and can reduce the burden placed on the lumbar spine. A neutral spine, maintained throughout the lift, ensures that forces are distributed evenly, minimizing undue stress on the intervertebral discs and surrounding ligaments. Understanding this intricate interplay of muscles and spinal mechanics is foundational to utilizing the deadlift as a beneficial exercise.

## **Core Engagement and Stabilization**

A well-executed deadlift demands significant core engagement. The transverse abdominis and obliques work in tandem with the erector spinae to create a rigid torso, acting as a natural corset that protects the spine. This bracing action is not just about lifting weight; it's a functional strength exercise that translates to improved everyday posture and reduced susceptibility to back injury. Proper breathing techniques, such as diaphragmatic breathing and creating intra-abdominal pressure, are vital for maximizing this core stabilization effect.

## **The Role of the Posterior Chain**

The posterior chain, encompassing the hamstrings, glutes, and erector spinae, is the engine behind the deadlift. Weakness in these areas is a common contributor to lower back pain. The deadlift directly targets and strengthens these muscles, building their capacity to support the spine and pelvis. As these muscles become more robust, they can better handle the stresses of daily activities, reducing the likelihood of strain and pain.

## **Essential Form Cues for a Pain-Free Deadlift**

Executing the deadlift with impeccable form is paramount, especially when managing or preventing lower back pain. Deviations from correct technique can transform a beneficial exercise into a source of injury. The focus should always be on maintaining a neutral spine, engaging the correct muscle groups, and controlling the movement throughout its entire range.

## **Setting Up for Success**

Proper setup begins with foot placement, which should be hip-width apart, with the barbell

directly over the midfoot. Hinging at the hips, with a slight bend in the knees, allows you to grip the bar. Crucially, maintain a flat back; imagine pushing your chest out and squeezing your shoulder blades together. Your hips should be lower than your shoulders, but not so low that your lower back rounds.

## **The Pull and Lockout**

The pull should initiate by driving through the heels, extending the hips and knees simultaneously. Think of it as pushing the floor away. The barbell should travel in a straight vertical line, close to the shins. As you ascend, keep your chest up and your back straight. The lockout occurs when your hips are fully extended and your shoulders are back. Avoid hyperextending the lower back at the top; the movement should cease with a straight, neutral spine.

## **The Descent**

The descent is as important as the ascent. Reverse the motion by hinging at the hips first, then bending the knees as the bar passes them. Maintain a flat back throughout the descent, ensuring control rather than letting gravity take over. The goal is to return the bar to the starting position with the same precision as the lift.

- Maintain a neutral spine throughout the entire lift.
- Keep the bar close to your shins and body.
- Engage your glutes at the top of the movement.
- Control the descent; do not let the bar drop.
- Focus on breathing and bracing your core.

## **Deadlift Variations for Lower Back Strength**

While the conventional deadlift is highly effective, certain variations can be particularly beneficial for individuals managing lower back pain or seeking to build specific areas of strength. These variations often allow for a greater focus on technique, reduced range of motion, or increased emphasis on specific muscle groups without compromising spinal integrity.

## **Romanian Deadlifts (RDLs)**

Romanian deadlifts (RDLs) are excellent for targeting the hamstrings and glutes while placing a less direct load on the lower back compared to conventional deadlifts. The movement involves hinging at the hips with a slight bend in the knees, lowering the barbell down the front of the legs until a stretch is felt in the hamstrings, and then returning to the upright position. The back remains straight throughout, emphasizing the stretch and contraction of the posterior chain.

## **Sumo Deadlifts**

The sumo deadlift, characterized by a wider stance and a narrower grip, can be a favorable option for some individuals. This stance often allows for a more upright torso, which can reduce the shear forces on the lumbar spine. The wider base also engages the adductors and glutes more intensely, contributing to overall lower body strength and stability. However, proper hip mobility is crucial for executing this variation safely.

## **Trap Bar Deadlifts**

The trap bar deadlift, performed with a hexagonal bar, is often considered a more forgiving variation for those with lower back issues. The offset nature of the trap bar allows for a more natural lifting path, often resulting in a more upright torso and less lumbar stress than a conventional deadlift. This variation allows lifters to progressively overload while building confidence and strength.

## **Incorporating Deadlifts into a Lower Back Pain Management Program**

Integrating deadlifts into a program for lower back pain requires a careful, progressive approach. The primary goal is to build strength and resilience without exacerbating existing pain. This means starting light, prioritizing form over weight, and listening to your body.

## **Starting with Lighter Loads and Bodyweight Exercises**

Before attempting deadlifts with external weight, it's advisable to master the movement pattern with bodyweight or very light resistance bands. Exercises like glute bridges, bird-dogs, and planks can build the foundational core and hip strength necessary for safe deadlifting. Once comfortable, begin with unloaded barbell deadlifts or very light dumbbells to perfect the form.

## **Progressive Overload and Frequency**

As strength improves, gradually increase the weight. However, this progression should be slow and deliberate. Avoid sudden jumps in load. The frequency of deadlifting for lower back pain management should also be considered; typically, once or twice a week is sufficient, allowing ample recovery time. Too much frequency can lead to fatigue and compromise form, increasing injury risk.

It is crucial to implement a structured approach to incorporating deadlifts for lower back pain. This often involves:

1. Assessment of current pain levels and mobility.
2. Focus on mastering the hip hinge movement pattern.
3. Gradual introduction of unloaded or lightly loaded deadlifts.
4. Slow and consistent increase in weight, prioritizing form.
5. Varying exercises to prevent overuse and address all muscle groups.
6. Listening to your body and adjusting as needed.

## **When to Avoid or Modify the Deadlift**

While deadlifts can be beneficial, they are not suitable for everyone, especially in acute phases of lower back pain. It is essential to recognize when to avoid the exercise or when modifications are necessary.

## **Acute Pain and Inflammation**

If you are experiencing acute lower back pain, characterized by sharp, intense pain, swelling, or significant loss of mobility, deadlifts should be avoided entirely. In such cases, the focus should be on rest, gentle movement, and professional medical advice or physical therapy to address the underlying inflammation and injury.

## **Pre-existing Conditions and Professional Guidance**

Individuals with specific pre-existing spinal conditions, such as herniated discs or spinal stenosis, should consult with a healthcare professional or a qualified physical therapist before attempting deadlifts. They can assess your specific situation and recommend

appropriate modifications or alternative exercises. In some cases, even modified deadlifts might not be advisable.

## **Recognizing Pain During the Lift**

If you experience any sharp or increasing pain in your lower back during a deadlift, stop the exercise immediately. Pushing through pain is counterproductive and can lead to further injury. Re-evaluate your form, reduce the weight, or consider if the exercise is appropriate for you at this time.

## **Frequently Asked Questions**

### **Q: Can deadlifts actually help with chronic lower back pain?**

A: Yes, when performed with proper form, deadlifts can significantly help with chronic lower back pain by strengthening the core and posterior chain muscles that support the spine. This increased stability can reduce strain and discomfort over time.

### **Q: What is the most common mistake people make when doing deadlifts for lower back pain?**

A: The most common mistake is rounding the lower back during the lift. This places excessive stress on the spinal discs and ligaments, which is the opposite of what is desired for lower back health. Maintaining a neutral spine is critical.

### **Q: How much weight should I start with when incorporating deadlifts for lower back pain?**

A: You should start with an unloaded barbell or very light weights that allow you to focus entirely on perfecting your form. The weight should feel light enough that you can perform multiple repetitions with perfect technique without any back discomfort.

### **Q: Are there any specific deadlift variations that are safer for lower back pain?**

A: Variations like the Romanian deadlift (RDL), sumo deadlift, and trap bar deadlift can be more suitable for some individuals with lower back pain. These variations often allow for a more upright torso or place emphasis on different muscle groups, potentially reducing direct spinal stress.

## **Q: How often should I perform deadlifts if I have lower back pain?**

A: For individuals managing lower back pain, it's generally recommended to perform deadlifts once or twice per week at most. This allows for adequate recovery and prevents overuse, which could exacerbate pain.

## **Q: What should I do if I feel a twinge in my lower back during a deadlift?**

A: If you feel any twinge or sharp pain in your lower back during a deadlift, stop the exercise immediately. Assess your form, consider reducing the weight significantly, or if the pain persists or is severe, consult with a healthcare professional.

## **Q: Can deadlifts help improve posture related to lower back pain?**

A: Absolutely. By strengthening the erector spinae, glutes, and core, deadlifts can improve the muscles responsible for maintaining an upright posture, which can alleviate common postural issues that contribute to lower back pain.

## **Q: Is it okay to do deadlifts if I have a history of disc issues?**

A: If you have a history of disc issues, it is crucial to consult with your doctor or a qualified physical therapist before attempting deadlifts. They can assess your specific condition and advise on whether deadlifts are appropriate, and if so, what modifications are necessary.

## **Lower Back Pain Exercises Deadlift**

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**lower back pain exercises deadlift:** *Living Better with Low Back Pain* Steve Karas, 2024-10-02  
Low back pain affects nearly everyone and has become an increasingly frustrating dilemma. People with back pain have been taken through a well-meaning, yet ineffective medical system and emerge no better, and in many cases worse. This does not have to be. We can do better. This book seeks to clarify the historical back pain enigma and dispel the myths around common diagnoses and treatments. The reader will gain insight into back pain and reassurance that there is a better way. Suggestions for patients and clinicians are given in a practical, simple way to improve care and their

back pain. This book does not promise a miracle cure, but instead presents the most recent medical research in a clearly digestible manner. The reader will be reassured, entertained, and sent on their way to a healthier life, and a better back.

**lower back pain exercises deadlift: ACSM's Resources for the Exercise Physiologist**

Benjamin Gordon, American College of Sports Medicine (ACSM), 2021-07-12 An essential preparation book for the ACSM Certified Exercise Physiologist examination, ACSM's Resources for the Exercise Physiologist, 3rd Edition, is an essential volume for certification candidates and practicing Exercise Physiologists looking to boost their exam confidence and achieve success in practice. This updated edition is fully aligned with the eleventh edition of ACSM's Guidelines for Exercise Testing and Prescription and reflects the most current standards and practices in exercise physiology. Published by the American College of Sports Medicine, this practical resource is organized around the scope of ACSM-EP practice domains. A clear introduction to understanding exercise, physical activity, and pre-exercise screening opens the book, followed by thorough coverage of assessment and programming for healthy populations, assessment and programming for special populations, counseling and behavioral strategies for encouraging exercises, and legal, management and professional issues relevant to practice.

**lower back pain exercises deadlift: *New Functional Training for Sports*** Michael Boyle, 2022-10-18 Train to perform at the highest level with the lowest risk of injury. *New Functional Training for Sports*, Second Edition, produces the best results on the court, field, track, and mat, not just in the weight room. Michael Boyle, one of the world's leading sport performance coaches, presents the concepts, methods, exercises, and programs that maximize athletes' movements in competition. A series of functional assessments help in determining the design of a specific plan for each athlete. Self-reinforcing progressions in exercises for the lower body, core, upper body, and ultimately total body give athletes the balance, proprioception, stability, strength, and power they require for excelling in their sports. Sample programs assist in the customization process and cover each aspect of preparation for physical performance. Boyle also draws on the latest research and his wealth of experience to offer programming advice and recommendations on foam rolling, stretching, and dynamic warm-ups. *New Functional Training for Sports* goes beyond traditional exercise descriptions and explanations, incorporating full-color, high-definition composites of foundational movements as well as online access to video demonstrations, commentary, and analysis of key exercises. *New Functional Training for Sports* is a refined and expanded version of Boyle's original work published more than a decade previously. This edition offers the most current functional training expertise to apply to your specific purposes. Note: A code for accessing online videos is included with this ebook.

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**lower back pain exercises deadlift: ACSM's Resources for the Health Fitness Specialist** American College of Sports Medicine, 2013-03-07 This valuable new resource is specifically designed for candidates for the ACSM's Certified Health Fitness Specialist (HFS) and those personal trainers wanting to take their knowledge to the next level. It contains the latest material on health and fitness written by the entity setting the standard for scientifically based practice, The American College of Sports Medicine. The American College of sports Medicine is the largest sports medicine and exercise science organization in the world. More than 45,000 members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

**lower back pain exercises deadlift: Clinical Exercise Physiology, 4E** Ehrman, Jonathan, Gordon, Paul, Visich, Paul, Keteyian, Steven, 2019 Clinical Exercise Physiology, Fourth Edition With Web Resource, is the most comprehensive guide to the clinical aspects of exercise physiology. Covering 24 chronic conditions, it is the go-to book for students preparing for ACSM Clinical Exercise Physiologist certification.

**lower back pain exercises deadlift: Strength Training and Exercise Prescription for Rehabilitation Professionals** Jenna A. Mattera, 2025-04-30 Strength Training and Exercise Prescription for Rehabilitation Professionals is a modern, evidence-based, therapeutic exercise textbook written for clinicians, by a clinician. The content aims to fill any gaps in exercise knowledge and truly highlights the application and integration of progressive resistance training into the rehabilitation setting. This book delivers a vast, well-researched exercise library and provides sound guidance on developing a comprehensive exercise program, including exercise selection, prescription, and dosing for any individual. Strength Training and Exercise Prescription for Rehabilitation Professionals details a variety of progressions and regressions that allow a primary movement pattern - the squat, deadlift, bridge, push, pull, and carry - to be performed by individuals of all ages, body types, and experience levels. It considers specific factors that apply to injured populations, like pain, phase of healing, pre-requisite range of motion, and strength requirements. The exercise chapters feature many pieces of resistance training equipment, but also explain how to perform and modify bodyweight exercises to achieve the desired training effect, as access to equipment often varies. High-quality images are paired with step-by-step, written explanations, and valuable coaching cues aim to aid instruction and execution. In addition, it also highlights current evidence for rehabilitation of specific diagnoses, including Anterior Cruciate Ligament (ACL) reconstruction, lower back pain, patella, and Achilles tendinopathy. This textbook is an excellent resource for new clinicians and seasoned professionals who desire concise, factual guidance and reference to support the development of their rehabilitative exercise programs. It would be a worthwhile addition to the curriculum of any physical therapy, chiropractic, or athletic training program, but is also appropriate for anyone that may interact closely with rehabilitation clinicians, like strength and conditioning coaches, personal trainers, exercise physiologists, and other fitness professionals with one common goal: improve quality of care and maximize patient outcomes through exercise.

**lower back pain exercises deadlift: Rock Solid Resilience** Dean Somerset, Daniel Pope, 2025-02-28 Longevity in the gym begins with knowing how to prevent injuries before the injuries interrupt your training. Rock Solid Resilience shows you how to train so you can work out for a

lifetime while pushing your limits and meeting your goals.

**lower back pain exercises deadlift: The Complete Idiot's Guide to Weight Training**

Deidre Johnson-Cane, Joe Glickman, Jonathan Cane, 2002-12-01 This text aims to be useful to those looking for an approachable, beginner's guide to lifting weights. The book is issued in the illustrated format, where photographs and line illustrations are given as much attention as the easy-to-read text. The guide includes multiple exercises for all the major muscle groups, photographs depicting the beginning, midpoint and ending positions for each exercise and photographs depicting the most common mistakes in executing various exercises, allowing readers to learn from others' mistakes.

**lower back pain exercises deadlift: Exercise Management for Referred Medical Conditions**

Andrew Scott, David Broom, 2022-07-29 Exercise referral describes the process of consultation, planning and instructing physical activity programmes and applying appropriate behaviour change strategies for clients presenting a range of low- to medium-risk medical conditions. Exercise Management for Referred Medical Conditions is the first book to integrate exercise prescription with the development of healthy behaviours and the promotion of physical activity and well-being and provides students with an evidence-based, applied guide to becoming effective exercise referral practitioners. The book draws upon the latest research and recommends best practices for creating referral pathways, providing exercise programmes and engaging clients in health lifestyles. Covering the pathology, medical management, role of exercise and recommendations for programming in each case, it discusses a range of conditions, including: Obesity and type I and II diabetes Hypertension and dyslipidaemia Asthma Low back pain, osteoarthritis and joint replacement, rheumatoid arthritis, and osteoporosis Depression, anxiety and stress disorders Consistently organised and laden with pedagogical features, including learning objectives, key terms, case studies, future developments and chapter summaries, no other book offers such a clear, holistic model for exercise referral. This is a vital resource for any student undertaking vocational courses in exercise referral and an important reference for exercise scientists, physical therapists, fitness professionals or local policy-makers interested in the use of physical activity in healthcare.

**lower back pain exercises deadlift: Foundational Strength** John Flagg, 2025-03-07

The first step in building anything is to start with a solid foundation. That is as true for strength training as it is for construction. A program built on sound principles, anchored by science and proven effective time and again, will reward you with true and tangible results and lifetime of lifting success. Focusing on the most essential information you need to know to start a safe and effective strength training program, Foundational Strength provides step-by-step explanations of the key elements and phases of the four essential lifts: squat, bench press, deadlift, and overhead press. Each lift is accompanied by photos that walk you through the lift from start to finish, detailing the proper mechanics and purpose of the lift. Variations for each lift are included, helping you identify your individual starting point to ensure success, and common errors are identified to help avoid injury. Warm-up exercises ensure your body is ready for each main lift, and an assortment of accessory exercises helps you progress over time. The book also takes the guesswork out of creating workouts, providing the basics of programming and information on how to create your own programs based on your situation, needs, and goals. More than just a bullet-point list of movement descriptions, Foundational Strength gives you a personal coach to guide you on the first steps of your lifting journey. Get the know-how you need to build confidence and success in the gym! Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

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George Davies, Matthew T Provencher, 2014-12-15 Prevent athletic injuries and promote optimal recovery with the evidence-based guidelines and protocols inside Orthopaedic Rehabilitation of the Athlete! Practical, expert guidance; a templated, user-friendly format make this rehab reference ideal for any practitioner working with athletes! Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Apply targeted, evidence-based strategies for all internationally popular athletic activities, including those enjoyed by older adults.

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**lower back pain exercises deadlift: Strength and Conditioning Coaching** Michael Boyle, 2025-06-16 Design a training facility and craft strength and conditioning programs to meet the needs of your athletes. Strength and Conditioning Coaching: Winning Methods, Programs, and Facilities will help you make the right choices, apply the best methods, offer superior training experiences and outcomes, and be a more successful professional in a very competitive industry.

Leading strength and conditioning coach Mike Boyle filters out the faulty information, failed approaches, and trendy training techniques and simply shares what works best and why. Inside you'll find the following: 7 weightroom behavior guidelines 8 rules for successful program design 8 essential mobility, activation, and dynamic warm-up exercises 3 common problems in developing speed training programs and how to avoid them 14 impactful ways to be a more effective coach during training sessions Strength and Conditioning Coaching provides a science-meets-practice perspective on the following questions and more: Why does core training keep evolving? Why is off-season aerobic conditioning often detrimental to athletes' performance? Why are unilateral lower-body exercises so important in athlete performance training? Boyle answers them all in his unique no-nonsense, insightful style. The author also delves into each of the four most common strength and conditioning training methods, their pros and cons, and how to apply them for athletes of all developmental stages and abilities. Learn more about important topics that every strength and conditioning professional should know: Modern facility design Equipment selection Strength and power programming Conditioning programming Speed development Strength and Conditioning Coaching is a vital resource that can help you maximize training results for your clients and athletes. This title was previously released as *Designing Strength Training Programs and Facilities*, Second Edition.

**lower back pain exercises deadlift: Muscle Myths** Michael Matthews, 2012-03 If you've ever felt lost in the sea of contradictory training and diet advice out there and you just want to know once and for all what works and what doesn't—what's scientifically true and what's false—when it comes to building muscle and getting ripped, then you need to read this book. Let me ask you a question. Do any of the following claims sound familiar? "I have bad genetics—I'm a 'hardgainer.'" "You have to work your abs more to get a six-pack." "When doing cardio, you want your heart rate in the 'fat burning zone.'" "You have to do cardio for 20 minutes before your body starts burning fat." "Don't eat at night if you want to lose weight." "Steroids make you look great." "I'm overweight because I have a slow metabolism." You've probably heard one or more of these statements before, and the sad truth is lies like these have ruined many people's fitness ambitions. There are many, many more. Thanks to the overwhelming amount of fitness pseudo-science and lies being pushed on us every day by bogus magazines and self-styled "gurus," it's becoming harder and harder to get in shape. *Muscle Myths* was written to debunk the most commonplace and harmful gimmicks, fads, myths, and misinformation in the health and fitness industry. Here are just some of the things you'll learn in this book: Why you don't have to cut carbohydrates (carbs), or fat, or eat weird combinations of food to lose weight. The truth about supplements and why 99% of them are a complete waste of money (and the few that are actually scientifically proven to work). What it actually takes to "tone up"—and it's not doing "shaping exercises" (these don't exist) or doing a million reps every workout. Why women shouldn't be training differently than men if they want the lean, toned, and sexy type of body that they see in magazines, TV shows, and movies. The scientific secrets of getting a six-pack. Forget 6-minute gimmicks, doing endless crunches, and hours of grueling cardio—it's actually pretty easy when you know what you're doing. Training and diet methods that will completely shatter any perceived "genetic barriers" that you think are holding you back from building a muscular, lean physique that you love. The proper way to stretch so you don't sap your strength and risk injury. (Most people do this wrong and suffer the consequences without even realizing it.) And much more. With the information in this book, you can save the money, time, and frustration of buying into misleading diet plans and products that promise unattainable results. You can become your own personal trainer and start getting real results with your diet and exercise. Scroll up and click the "Buy" button now to learn the no-BS truth of how to look good and feel great without having to endure tortuously restrictive diets or long, grueling exercise routines.

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to know there are no quick fixes to difficult problems? - Would you like to UNDERSTAND how your body works? There is a solution. It doesn't require a degree in exercise science, but it does require a desire to go beyond the quick fixes and gimmicks. The Thinking Person's Guide to Fitness will give just enough knowledge to enable you to understand how you are unique. With this knowledge, you'll be able to setup a diet and fitness plan that works for you, and you'll know the difference between fitness fact and fitness fiction! (This) book is one I truly enjoy as a trainer ...(Jake has) really done his homework. - Monica Adams - KMOX St. Louis. Jake Nash has written a book that is easy to read and understand that can help anyone improve his or her fitness regime... Jake obviously has done his research, citing various studies to support his assertions...it is a terrific read for anyone looking to get the most out of their fitness program! - Dr. Nathan White Jake Nash speaks realistically.... (he) explains his well-considered concepts in open language that not only reads well as a book, but also makes his input digestible and, more important, workable. - Grady Harp - Amazon Top 10 Reviewer

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