



Training for Mass

By Gordon LaVelle

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The Second Edition of *Training for Mass* is now in print and available on Amazon.

The definitive guide for building muscle: *Training for Mass* is a comprehensive, intelligent guide for constructing effective and efficient weight training workouts. It also offers a scientific analysis of current popular weight training strategies, and demonstrates how the vast majority of workout routines are neither scientific nor effective.

Based on observations about how the human body responds to exercise, *Training for Mass* advocates a less-is-more approach, and shows how spending endless hours in the gym is counterproductive and even harmful--debunking the myth that building muscle requires a great investment of time.

Training for Mass is not a picture book; rather, it is filled with useful information. Nor is it a rigid scientific journal or text book; the author draws upon unusual examples and provides uncommon insight into the factors required for success in weight training.

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Editorial Review

Review

Training for Mass gives the reader a comprehensive and informative look at how bodybuilding should be performed: In a high intensity manner. With most things in life, the more you put in the more you get out. Not so with weight training. In fact, the complete opposite is true: the harder and longer you train, the less likely you will be to experience progress. *Training for Mass* provides the best rationale ever published as to why this is true. Indeed, after reading this book you will not look at weight training the same way ever again. With so many bodybuilding books on the market today it is staggering that only one book, *Training for Mass*, really encapsulates the fundamentals of how to get big fast while also being based on scientific rationale. Along with a complete breakdown of why high intensity training is the only available, viable bodybuilding theory in his view, Gordon does a masterful job of explaining how we can best safeguard ourselves against bodybuilding-related injuries, make the most of our weight training investment and procure better bodybuilding results, faster. --David Robson, Staff Writer, Bodybuilding.com

Training for Mass is miles above the average bodybuilding book. In fact, I would consider it the current reigning Mr. Olympia of bodybuilding books. But it isn't just the same old, business as usual, bodybuilding training manual. Training for Mass doesn't simply re-hash glossy photos of old school pro bodybuilders, nor does it fill its pages with routines that work only for the genetic elite. Training for Mass boldly steps out on its own, with confidence and intelligence, and provides you with an essential, must own, bodybuilding classic. --Steve Shaw, muscleandbrawn.com

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About the Author

Gordon LaVelle is a former competitive bodybuilder with close to 25 years of weight training experience. He holds a BA in Philosophy from the University of California at Santa Barbara.

Users Review

From reader reviews:

Megan Rivera:

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