Review of The NEW Bodybuilding for Old School Results

Title: The NEW Bodybuilding for Old School Results
Found at: http://Drdarden.com
Price at time of review: $ 39.99
Pages: 309

My thoughts on this book:
First of all, I have always been a big fan of HIT training. Since my early bodybuilding days the rugged physiques of the Mentzer bros. and Casey Viator awed me like no other bodybuilders.

Plus, they were strong as all hell, and being strong was something I aspired to become!

This book has a huge philosophy of busting your ass and working hard on the basics. Too many people still do NOT get this simple concept, but Dr. Darden knew about it since day one!

The book begins with stories and interviews from the “Golden Era” – this is truly where a love for the sport of strength, gymnastics, bodybuilding and strong man type training was blossoming by leaps and bounds!

Hard core gyms were everywhere and training hard and heavy was the norm. These stories alone will amp up your motivation. Along with these magnificent stories are amazing black and white photos that you can’t help but feel as if you were living in The Golden Era!

The stories of amazing feats of strength will very likely make you feel the need to get WAAAAAAY stronger than you are now! Stories of guys squatting 300 lbs for 50 reps, pinch gripping a 2 ½ lb plate between pecs (yes, you read that correctly!!), awesome stories from Kim Wood and how he trained bodybuilders with Arthur Jones and of course detailed stories of workouts that Casey Viator endured – these workouts will make you sweat and give you goose bumps at the same time!

Correct set, rep, rest and nutritional parameters are discussed thoroughly in this book, and not just by Dr. Darden. You’ll find several interviews and expert contributions throughout this book.

Who else is interviewed?

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Guys like Jim Flanagan who was coached by THE Milo Steinborn. You’ll find detailed information about Milo in this interview as well as many other famous strongmen from the past! This is what iron history is all about!

Stories of Arthur Jones trying to break Dan Gable through a brutal Nautilus circuit will make you even more fired up!

Casey Viator speaks candidly about his training with Jones, with the Mentzer brothers and even the secret training he did when Jones wasn’t around! It’s pretty cool to hear the truth from Casey himself regarding what he did extra!

Boyer Coe talks about his days of HIT and how he built a set of the most impressive guns in the business, his powerlifting numbers as a teenager (which are insanely impressive) and his talk of the “secret” to achieving success in the iron game!

This book is loaded with kick ass interviews on a wide range of topics with a wide range of interviewees who have diverse backgrounds in the iron game.

This book is a constant reminder of the old school methods of lifting: train hard and train heavy, train consistently!

There are many HIT routines outlined for the reader to take advantage of and although you may not be a fan of machine training, you can and should take these concepts and methods and find a way to apply them to your own training.

There are two chapters to devoted to a specialized workout for Football conditioning. It is very interesting and can very well be implemented into a Football program with great results.

There are specialization chapters for each muscle group in case you’re looking to test drive HIT and see what it can do for you!
My thoughts:

I am not a fan of machines or too many isolation movements. So, I don’t agree with the way many of the routines are outlined. But, I am a HUGE FAN of busting your ass and sweating buckets with endless effort in your workouts!

I am also a huge fan of these interviews and stories from “back in the day” when men trained to be strong and looked rugged as all heck!

The old stories, the old black and white photos and the entire theory and message behind this book seriously makes this one of my favorite books. Yes, I have a nostalgia for the olden days but through these stories you will understand why.

I admire the strength these men had – Steinborn squatting 550 lbs without a squat rack – now called the Steinborn lift – stand the barbell upright, lean into it and then lean it onto your back and stand upright – this is CORE STRENGTH!

This is a book for any Underground fan, whether you believe in HIT or not, this book sends home many critical messages that many other lifters need to hear!

This book gets my highest recommendation even though I don’t agree with the equipment chosen or the fact that HIT is the one way to train, I am in line with a large portion of what Dr. Darden has unleashed through this book!

Check it out at http://DrDarden.com

For more hard core training and 24 – 7 access to the most hard core and innovative strength and conditioning site in the world, visit us at http://UndergroundStrengthCoach.com

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