



50 Workouts for Strength and Fitness: Safe, Efficient and Effective Training with Free Weights

Fred Fornicola, Matt Brzycki

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Matt Brzycki and Fred Fornicola have put together an e-book entitled "50 Workouts for Strength and Fitness: Safe, Efficient and Effective Training With Free Weights." The book covers a number of total-body and split-body workouts along with specialized routines and the ever challenging "3 by 3" workouts of which they have quite a few.

The workouts in this book are designed to be done with free weights. For these purposes, free weights include barbells, dumbbells and bodyweight. Some of the workouts will specify a particular type of free weight. However, because you might not have access to a specific type of free weight, most of the workouts will simply note the names of the exercises. You can choose what to use based on availability, convenience, preference and safety.

EXERCISES

The exercises that are used in the workouts include the following: deadlift, ball squat, lunge, step-up, wall sit, seated calf raise, standing calf raise, dorsi flexion, bench press, incline press, decline press, dip, push-up, bent-arm fly, bench row, bent-over row, chin-up, pull-up, pullover, shoulder press, lateral raise, front raise, bent-over raise, internal rotation, external rotation, upright row, shoulder shrug, scapulae adduction, bicep curl, hammer curl, reverse curl, tricep extension, French curl, incline tricep, bar hang, wrist flexion, wrist extension, finger flexion, abdominal crunch, knee-up, side bend, back extension, stiff-leg deadlift and farmer's walk.

Note: In-depth descriptions of the exercises are well beyond the scope of this book. For details on proper performance of the exercises, readers are encouraged to consult other outlets including *A Practical Approach to Strength Training* (4th edition) and/or *Dumbbell Training for Strength and Fitness*.

We cover topics and protocols such as:

- **Set/Rep Schemes**
- **Rep Speed**
- **Bodyweight Exercises**
- **Max Time and Max Reps**
- **Breakdown Sets**
- **Supersets**
- **Pre-Exhaust Technique**
- **Rest-Pause Technique**
- **Push/Pull Sequence**
- **Run-the-Rack Protocol**
- **30/30 Reps**
- **Negative-Only Reps**

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