



## Strong Enough? Thoughts from Thirty Years of Barbell Training

By Mark Rippetoe

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There are lots of things about weight training in general and barbell exercise in particular that can only be learned by spending way too many hours in the gym. And honestly, unless you're a gym owner, this is a really weird way to spend 75 hours a week. Mark Rippetoe has been in the fitness industry since 1978 and has owned a black-iron gym since 1984. He knows things about lifting weights and training for performance that most other coaches and professionals have never had the chance to learn. This book of essays offers a glimpse into the depths of experience made possible through many years under the bar, and many more years spent helping others under the bar.

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### Editorial Review

#### About the Author

Mark Rippetoe is the author of Starting Strength: Basic Barbell Training, Practical Programming for Strength Training 2nd edition, Strong Enough?, Mean Ol' Mr. Gravity, and numerous journal, magazine and internet articles. He has worked in the fitness industry since 1978, and has been the owner of the Wichita Falls Athletic Club since 1984. He graduated from Midwestern State University in 1983 with a Bachelor of Science in geology and a minor in anthropology. He was in the first group certified by the National Strength and Conditioning Association as a CSCS in 1985, and the first to formally relinquish that credential in 2009. Rip was a competitive powerlifter for ten years, and has coached many lifters and athletes, and many thousands of people interested in improving their strength and performance. He conducts seminars on this method of barbell training around the country.

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