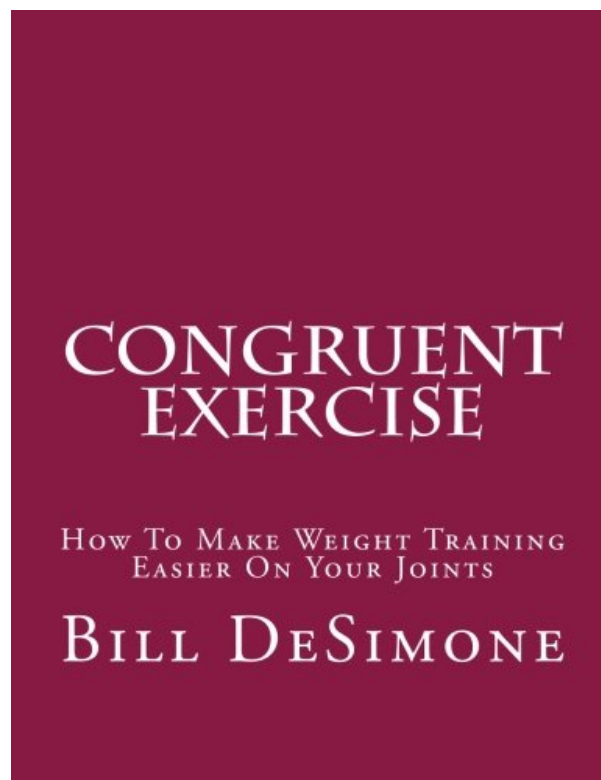


CONGRUENT EXERCISE: HOW TO MAKE WEIGHT TRAINING EASIER ON YOUR JOINTS BY BILL DESIMONE



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About the Author

Bill DeSimone is an experienced personal trainer, having started in 1983 at the Sports Training Institute in New York City, and now with his own studio, Optimal Exercise, in Cranbury, New Jersey. Along the way, he was certified by both the NSCA and ACE, and worked in corporate, commercial, academic, and private settings. His own training-induced injuries led to his unique approach, applying textbook biomechanics to conventional free-weight and machine instruction. He first presented this material in a manual, *Moment Arm Exercise*, in 2004; and since then, in a series of videos on You Tube; at conferences for the NSCA, Club Industry, and High Intensity Training; and as in-services for studio and gym staff. In addition to one-to-one training in the studio, Bill consults with individual trainees worldwide. Via video, Bill reviews the trainee's form on the equipment available to the trainee and provides an email or telephone consultation. Bill's presentation, "Basic Biomechanics for Weight Training", is available for conferences and staff training. Contact Bill at optimalexercise@comcast.net. For new video and updates, subscribe to the **Congruent Exercise** You Tube channel and Facebook page.

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PDF

“Your Workout Shouldn’t Hurt” Weight training has undeniable benefits: improved muscle tone, strength, and self-esteem, to start. But it’s also undeniable that experienced trainees have their share of joint aches and pains, that lead at best to missing workouts and at worst to chronic injuries. People new to exercise hesitate to even begin weight training for fear of getting hurt. And both new and experienced trainees have been seriously hurt in weight room accidents that could easily have been predicted and prevented. Can you get a stronger, toned physique without risking your shoulders, back, and knees? Yes, and Congruent Exercise shows you how. You will discover: • How the conventional wisdom in the gym compares to proper muscle and joint function; • How exactly to perform both home and gym exercises to minimize the risk of injury, while making your effort more productive; • The biomechanics of why and how that works. “Bill DeSimone’s new book CONGRUENT EXERCISE: How To Make Weight Training Easier on Your Joints is out. I must say, Bill has not only lived up to his already famous reputation...he has really outdone himself. The concepts are all still there, but have been clarified and are much easier to understand and digest. In my opinion this book should be required reading for anyone who trains themselves or clients, and it should be a key component of any certification program.” Doug McGuff, MD, Co-author of Body By Science, www.bodybyscience.net “It is rare that I am truly excited by a book, that writing will really stimulate me intellectually, with sets of ideas that connect and make sense. I like it when that happens, when you find something "new" but which makes so much sense because it is not really new, it is obvious when you put the pieces together. It is the logic of it I like, when things hold together in consistent ways. Bill DeSimone's new book, Congruent Exercise, is exciting me! I will put up a proper review in a few days, but I am really savouring it at the moment. As I read each page there is a pencil in my hand and I am marking up key paragraphs.....then I find that I am marking the whole thing! In this new book, Bill is covering much of the same material that was in his first book - Moment Arm Exercise - but he has refined his presentation and the whole argument is very clearly presented.” Chris Highcock, Conditioning Research (named one of the top ten fitness blogs of 2011 by Outside Online)

- Sales Rank: #1424700 in Books
- Published on: 2012-01-17
- Original language: English
- Dimensions: 11.00" h x .18" w x 8.50" l,
- Binding: Paperback
- 76 pages

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Most helpful customer reviews

11 of 11 people found the following review helpful.

You should at least TRY this for yourself.

By Paul Skavland

I think a lot of people will dismiss this book because it doesn't fit with the current trendy advice or the routines in bodybuilding magazines -- and that's a shame.

Here's the idea of this book in a nutshell: try to find the best of both worlds -- effective exercises that are also low-risk to joints and ligaments. Going to the gym is supposed to improve your sports performance, health, fitness, etc -- not put those things at risk. Oh, and just because the way you exercise doesn't hurt NOW, doesn't mean you won't wake up 10 or 20 years from now with joint problems. (When it's too late to do anything about it.)

Instead of *reading* this book and judging it intellectually, I challenge you to test it out for yourself! Try these methods for a few weeks. I think you'll notice a difference.

I was skeptical at first, too. Give up deadlifts? Sacrilege! After a few weeks though, I have to admit that my body is feeling better, and instead of "going downhill" like I feared I would, I'm actually gaining strength. It turns out that "soreness" I thought was a sign I had done a great workout was actually joint inflammation. With that gone, I can actually work out MORE because I'm not spending so many days recovering between workouts.

Anyway, that's my experience. I think if you've searched for this book at all you should try these methods for yourself -- that's the only real way to prove it works. I think you'll be surprised.

-1 star only because I wanted the book to be longer!

12 of 12 people found the following review helpful.

saves your knees and back

By Omega Set

If you are still doing heavy squats and deadlifts you need to read this book before you damage your knee cartilage the way I did. The split squat, as demonstrated by the author, is great at working the quads and glutes. To avoid overtraining read "The Wisdom of Mike Mentzer", chapter on consolidation training. Also the instruction for standing heel raise for the calves is much safer than in a machine with all that weight on your shoulders compressing your spinal discs, I was sore as hell.

6 of 6 people found the following review helpful.

Congruent Advice

By Al Rainey

Congruent Exercise is a handbook for safe, sustainable strength training. If you are interested in flash and sizzle, you might overlook this book, but you shouldn't. In my experience, the most important factors in improving fitness are patience and consistency. The "calendar method". It is hard to demonstrate either

patience or consistency when you are hurt. And make no mistake, injuries come when you train hard. If you are a competitive athlete, I guess you have to accept that and deal with it (but your workouts shouldn't hurt you). If however, you want to "look good naked", feel good, and have the ability to carry out everyday tasks as you get older, then keeping your joints and muscles injury free should be priority one.

Bill DeSimone has put together an intelligent, logical book that flows from his long experience as a trainer and from his study of biomechanics to address his own injuries. He lays out the how and the why in *Congruent Exercise*. Exercises are described and are linked to his youtube channel for viewing.

I'm applying his ideas in my own training, and have nothing but good things to say about the results. Well, other than I wish I knew some of these things years ago, and had been smart enough to apply them. Macho stubbornness resulted in a list of aches and pains that were probably all avoidable.

This book should be on the shelf (or Kindle) of everyone serious about exercise.

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