



# Bodybuilding: A Scientific Approach

*Frederick C. Hatfield, Frederick Hatfield*

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## **Bodybuilding: A Scientific Approach** Frederick C. Hatfield, Frederick Hatfield

This is the first book to gather scientific findings about progressive resistance training and to translate them into relevant and understandable training advice. Author of *Powerlifting: A Scientific Approach* and an editor for *Muscle & Fitness* magazine, Dr. Frederick C. Hatfield has written an invaluable book that analyzes training systems and techniques, progressive resistance exercises, nutrition and diet regimens, bodybuilding psychology, and muscle-growth pharmacology in light of actual scientific findings. Whether exploding misconceptions concerning isolation exercises or heavy-duty training; explaining the causes of overtraining, muscle soreness, muscle growth, and muscle shaping; or providing a pictorial history of bodybuilding (along with a history of certain bodybuilding principles), *Bodybuilding: A Scientific Approach* addresses the real concerns of the serious bodybuilder in a language that can be readily understood. Through use of recent research, charts, graphs, tables, and photos, Dr. Hatfield delivers vital, new information no bodybuilder--male or female--should be without.

- Rare photographs of early bodybuilding contests
- Listings of winners from all major contests
- Advantages and disadvantages of free weights and exercise machines
- Vitamin and mineral charts listing best sources of nutrients for bodybuilders
- Pros and cons of steroid use
- Efficacy ratings of ergogenic aids
- Latest research findings on relaxation and tension control techniques

Frederick C. Hatfield, PhD, has authored over a dozen books, including *Aerobic Weight Training*, and scores of research reports and articles.

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