

# CONGRUENT EXERCISE

## HOW TO MAKE WEIGHT TRAINING EASIER ON YOUR JOINTS



# Congruent Exercise How To Make Weight Training Easier On Your Joints

**Bill DeSimone**



## **Congruent Exercise How To Make Weight Training Easier On Your Joints:**

**Congruent Exercise** Bill DeSimone, 2012-01-17 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](http://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 *The Time-Saver's Workout* John Little, 2019-04-09 There is something terribly wrong with the state of exercise as we know it presently Sales of treadmills running shoes gym memberships and yoga classes are at an all time high but so too are our national levels of obesity and type II diabetes Ever since the 1960s the exercising public has been told to stretch for flexibility and to perform low intensity steady state aerobic exercise for their cardiovascular systems and some form of resistance training to keep their muscles strong With regard to diet they have been told to restrict or omit macronutrients such as fats and carbohydrates and lots of other advice with regard to calorie counting Could it be that this information however well intended was mistaken And is it really necessary to devote so much time to the pursuit Fitness researcher and pioneer John Little has spent more than twelve years researching the actual science underpinning our most prevalent beliefs about exercise and has come away from the enterprise convinced that we need an entirely new paradigm one that would involve

reliance on briefer workouts He presents this revolutionary new approach in *The Time Saver's Workout* Among the fascinating revelations presented in this book Certain types of exercise can actually make you less healthy and fatter Taking large doses of food supplements might actually shorten your life and put you at greater risk for disease Stretching to become more flexible or to recover quicker from injury has been found to do neither of these things Resistance training once considered to be the weak sister of exercise is now looking like the best form of exercise one should engage in The new protocols that Little exposes offer a far safer alternative for those looking to become stronger fitter and healthier without spending their lives in the gym Bowker's Complete Video Directory 1996 R R Bowker Publishing,1996-03

**Joint-Friendly Fitness** Bill Desimone,2021-01-24 The fitness program for those who don't want to aggravate old injuries or risk new ones For many General Fitness is a perfectly acceptable goal The benefits are numerous and established and regular exercise is something you can do on your own behalf But the hard core images can get in the way Bodybuilding the combative sports and extreme exercise can all produce impressive bodies but impressive injuries as well If staying injury free is a major priority for you these may not be the best influence on your workouts Joint Friendly Fitness is an approach to exercise that puts using your body safely first above all other aspects of your program It draws on anatomy biomechanics and physiology to determine how the muscles and joints work properly and then applies that to exercise instructions The goal is to get more fit toned and flexible while managing the risk of your workout itself causing an injury Joint Friendly Fitness is designed to avoid both the obvious injuries that happen during your workout and the not as obvious wear and tear that leads to new injuries and chronic conditions And what makes it The Optimal Exercise Program is that you can achieve the level of general fitness you desire from looking better in clothes and moving without achy joints to supporting your golf game or your 5ks in the time and effort you have to devote to it In this profusely illustrated manual you will learn How to use free weights machines cardio and other exercises in a way that is more effective for conditioning yet easier on the joints How your joints and muscles work most effectively what their vulnerable positions are and how to protect them during exercise And how to organize your program for sustainable training with the intent of staying injury free Strengthen your muscles protect your joints avoid injury and benefit from exercise over a lifetime Science of Strength Training Austin Current,2021-05-04 Is it time to lose weight gain muscle and speed up your metabolism Discover the hard science needed to perfect each exercise and build your strongest body at home or in the gym Packed with research that supports the notion that bodyweight exercises help you reach your weight and fitness goals this simple to follow guide also gives you valuable insight into how nutrition and exercise can improve your health Inside the pages of this strength training book you'll discover The physiology and benefits of strength training Workout plans for beginners enthusiasts and personal trainers The hard dietary science that debunks common myths and important information to properly fuel your body Depictions of 33 exercises how to do them common mistakes and the benefits of each Work towards your strength goals In this book Author Austin Current takes

readers through the science of strength training weight loss nutrition and overall health The book looks at why many people fear strength training why they shouldn't and how they can incorporate it into their daily lives Filled with CGI artwork and science backed information this exercise book will help you transform your body and improve your well being Not only that but this title also includes full workout plans and over 100 individual exercises You'll learn how your muscles engage at each stage how to do movements properly and without injury and it shows you different variations for home and gym This book is also packed with nutritional information and includes dietary advice for vegans and vegetarians Discover more in the series DK's Science of series dives into the science of various types of exercises such as weight training running and yoga Each book discusses the benefits of the specific type of workout and how you can transform your outlook about health and fitness

**How The Book Works** The first section human physiology introduces you to the wonder that is skeletal muscle and the mechanisms that underpin strength training's demands on the body It will help you understand how muscles work and grow and how the resistance work stimulates muscles to develop strength and size alongside its positive impacts on bones and connective tissue It also explains how the body powers muscular work and shows you how to calculate your own daily macronutrient requirements Lastly you're given an overview of the benefits to the brain and the crucial role it plays in attitude and mental health The second section strength exercises is devoted to a comprehensive collection of strength training exercises to perform along with many variations offered to compliment your available training equipment personal preferences and level of challenge at home or in the gym Each exercise displays the muscles being used throughout the movement with detailed instruction on how to achieve proper form and technique common mistakes are covered too The third section preventing injury explores common injuries related to resistance training with explanations on how to avoid them and how to return to training if you do suffer an injury A consistent and structured routine including a proper warm up prepares the body for work and the various mobility exercises and stretches given will help you tune in to how your body is responding to the training The final section how to train outlines everything you need to know about the variables of effective strength training such as training volume and fatigue management Whether you want to build muscle strength or endurance you'll find an easy to follow program to suit as well as alternatives for those wanting to workout more often Then programs form the base of your training and can be adjusted in the months and years to come

[Functional Fitness at Home](#) Lamar Lowery,Chris Lowery,2017-09-01 In Functional Fitness at Home Lamar and Chris Lowery experts in functional training present effective exercises that can easily be done at home or outside with your own body weight or small exercise equipment The workouts and training circuits are compiled in such a way that fitness enthusiasts as well as beginners can achieve good and visible results and improve their performance considerably With information on fitness types and desired exercise goals you can easily select the best exercises and training plans that will have you meeting your fitness goals in no time Each exercise is accompanied by detailed photos that will ensure proper technique The authors have also created

training circuits for both the beginner and advanced exerciser taking the guesswork out of creating a workout plan This guide additionally contains numerous tips and advice on proper nutrition and optimal muscle development contributed by two top experts in these fields Become a fitter healthier you with the training methods and exercises found in Functional Fitness at Home *Pain-Free Performance* John Rusin, Glen Cordoza, 2025-10-21 TRAIN HARD FEEL YOUR BEST PERFORM AT YOUR HIGHEST POTENTIAL WITHOUT PAIN SETBACKS OR BREAKING DOWN AS YOU AGE If you've ever pushed yourself in the gym only to find yourself sidelined by persistent pain nagging injuries or frustrating plateaus If you've watched your progress stall despite your best efforts leaving your body feeling tight fatigued and older than it should Or if you're tired of being told that aches stiffness and breakdowns are just part of the game or an inevitable consequence of aging Then it's time to rethink what effective training really looks like and follow a system built to restore your body unlock long term results and help you move forward with confidence This book is that system A complete training framework built on what matters quality movement individualized progressions and a health first comprehensive approach to training Inside you'll learn Why form not just effort is the key to long term movement health and durability A simple powerful bracing sequence for stabilizing your hips shoulders and core your pillar of strength and foundation for pain free training Efficient breathing and bracing strategies that enhance your recovery reduce stress and deliver unstoppable full body strength A streamlined 10 minute warm up to supercharge your mobility prime your joints and accelerate your readiness without wasting time Targeted screens and assessments that quickly pinpoint your body's unique weak links Optimization strategies to correct common compensations unwanted movements that place unnecessary stress on joints ensuring you move safely and effectively through each exercise How to execute and progress the six foundational movement patterns squat hinge push pull lunge carry customizing each to your anatomy and goals Complete easy to follow training programs designed for every fitness level and schedule whether you train 3 4 or 5 days per week Game changing Linchpin Blueprints six phase mobility and stability routines that target and bulletproof common pain prone areas Pain isn't a badge of honor Running on empty isn't a measure of success And breaking down isn't the price you have to pay for performance This book gives you another option one that focuses on moving better training smarter and building an unbreakable body *Rings of Power* Mike Gillette, 2015-07-01

More Strength, Less Muscle Size Dorian Carter, 2024-09-10 More Strength Less Muscle Size 21 Essential Tips to Boost Muscle Power Without Bulking Up is your ultimate guide to getting stronger without gaining unwanted bulk Discover simple science backed strategies that let you lift heavier move better and maximize your power all while keeping a lean athletic physique Learn how to train smarter recover faster and unlock your true strength potential Packed with practical tips easy to follow advice and expert guidance this eBook will help you Build serious strength without getting bigger Train efficiently with less wasted effort Avoid burnout and stay consistent Improve performance in every lift Master proper breathing and technique for maximum power Strengthen weak points to prevent injuries Incorporate bodyweight and functional exercises

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