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Mark Rippetoe just released the third edition of Practical Programming for Strength Training. As a Starting Strength advocate, and a certified Starting Strength coach, frankly, buying and reading this book was a no brainer. If you just want to know my overall recommendations, skip ahead to the bottom.

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About the Author Mark Rippetoe is the author of Starting Strength: Basic Barbell Training, Practical Programming for Strength Training 2nd edition, Strong Enough?. He has worked in the fitness industry since 1978, and has been the owner of the Wichita Falls Athletic Club since 1984.

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