

[PDF] Encyclopedia Of Muscle & Strength

Jim Stoppani - pdf download free book

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Description:

Review

"Readers will appreciate the combination of plain facts and expert advice. Anyone looking to build muscle mass will appreciate this thorough, no-nonsense guide to proper strength-training technique."

*Kirkus Reports - Health & Fitness
March, 2006*

About the Author

Jim Stoppani, PhD, served as a postdoctoral research fellow in the prestigious John B. Pierce Laboratory and department of cellular and molecular physiology at Yale University School of Medicine, where he investigated the effects of exercise and diet on gene regulation in skeletal muscle. Stoppani was awarded the Gatorade Beginning Investigator in Exercise Science Award in 2002.

Currently, Stoppani serves as senior science editor for *Muscle & Fitness* and *Flex* magazines at Weider Publications in Woodland Hills, California. He is a member of the National Strength and Conditioning Association (NSCA), American College of Sports Medicine (ACSM), and International Society of Sports Nutrition (ISSN). Stoppani received his doctorate in exercise physiology from the University of Connecticut in 2000.

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