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Get Started | Starting Strength

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The Starting Strength Video & Audio library provides videos, podcasts, interviews, lectures, and practical instruction to inspire, inform and entertain. Starting Strength Coach Ray Gillenwater runs through the basic equipment you need to get started with barbell training.

What You Need to Do Starting Strength | Ray Gillenwater

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While it is not specific to the game of football, or any other sport for that matter, it quite effectively fills a large void in the strength training literature, namely an approach to teaching the basic barbell strength exercises (squat, deadlift, bench press, power clean and press) to raw beginners and to school age boys and girls.

Starting Strength: Basic Barbell... book by Mark Rippetoe

Starting Strength Basic Barbell Training. By Mark Rippetoe This is a great video for anyone wanting to understand "BASIC" barbell training. The book is great and much more in depth, however I found the video made the book come alive. For me having both the book and the video was key to greater success.

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