

*Note: Many of the following books are hard to find and therefore are fairly expensive to purchase. If you are interested in reading any of the titles listed I do have copies available in my personal library available for checkout. I just ask that you are aware of the price to replace the book if misplaced or damaged.*

“Supertraining” Mel Siff

“Myths and Fallacies” Mel Siff

“Sports Restoration and Massage” Yessis

“Strength & Power in Sport” Komi

All books in the series: “Encyclopedia of Sports Medicine”

“Science and Practice of Strength Training” Vladamir Zatsiorsky

“Starting Strength” Rippetoe

“Practical Programming” Rippetoe

“Designing Strength Training Programs and Facilities” Mike Boyle

“Strongest Shall Survive” Bill Starr

“Black Book of Training Secrets” Thibedeau

“Poliquin Principles” Charles Poliquin

“Training for Sports & Fitness” Rushall & Pike

Any books / videos by Ian King