



M.A.X. Muscle Plan, The

Brad Schoenfeld

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Authored by 2011 NSCA Personal Trainer of the Year. Features a three-phase, six-month program for the entire body, helping readers increase their lean body mass, build muscle, and dramatically transform their bodies. Instruction revolves around MAX (Mitogen Activated Xtreme training) Mitogens being the chemical substances that encourage cells to divide, a process essential to muscle growth. Includes over 100 exercises and more than 200 photos that demonstrate the exercises and ready-to-use prescriptive program guides. Program's goal is to systematically utilize featured exercises to enhance mitogenic and other growth-oriented training responses in a way that promotes optimal muscle development. Complemented by cardio guidelines and nutritional recommendations based on the latest scientific research.

M.A.X. Muscle Plan, The Details

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From Reader Review M.A.X. Muscle Plan, The for online ebook

Jorge David Fernandez says

very thorough book although it is more geared towards professional bodybuilders. tough program to follow though. link between strength and hypertrophy was key, also periodization.

Micah Stott says

It is what it is

Schoenfeld has put together a systematic and well defined plan for maximal hypertrophy. If that's what you're expecting from this book, you will not be disappointed. For critiques of the actual plan, you'll have to actually spend the six months doing the program to see how it works for you.

JED FIVE says

Excellent!!

Best Science Based Lifting Book I Have Read. Simple and no salesmanship of his supplements or products. Highly recommend this book.

Brian Bowers says

Not a bad book for bodybuilding beginners. Not the best guide to building strength or power (which is not what the book was intended to do). Thoroughly describes the importance hypertrophy and adaptation. The suggested exercises and nutrition plan are a bit lacking.

Matias says

Interesting but some thesis seems to contradict more current research specially in nutrition

Daniyal says

The text and research is awesome, it's good, and I learned a few stuffs here and there too. The exercise selection is absolutely horrendous, it feels like Brad Schoenfeld didn't choose them himself, no way a person with so much knowledge of human anatomy could choose exercises that could most likely cause injury, but since he has given a category choice in each movement, so I'd let that get away.

Other than that, the actual concept and the program was great, the program is complex and uses periodization principles to garner the best results, I would likely try it out and write more on it.

John Mendez says

A scientific approach to bodybuilding

Spoiler-tastic review

Brad Schoenfeld is famous for his research based approach to fitness and bodybuilding. I read this book because of that fact- due to my history in the sciences I've long been skeptical of the pseudoscience advice espoused by much of the fitness industry. This book provides a research-based approach instead, citing journal articles instead of anecdotes and tradition. That said, I did see some traditional weightlifting methods espoused in here, such as the use of 5/3/1 rep structure in the strength building phase.

This book contains photos and instructions for several dozen different exercises, which a new athlete can use to craft an exercise regime. Further, Schoenfeld provides a 6-month long exercise regime frame. That regime consists of three parts: a strength building phase (2 months), a stamina building phase(1 month) and a hypertrophy phase (3 months). I plan to use his method in the six months to come.

To add some constructive criticism, the author's nutrition, cardio and general fitness sections were miniscule compared to their importance. For example, the nutrition section was exactly 10 pages. More, the author never discussed the importance of sleep at all. And some of the exercises the author did mention (e.g. Good Mornings) are controversial for safety reasons. There were glaring blindspots in the areas discussed by this guide, but I would nonetheless recommend it as a starting place if you want to begin weightlifting for size and strength.

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Mark Heiliger says

Mostly basic info that anyone interested in fitness probably already knows, but the plan laid out is very specific, so it will be easy to shut up and do it. If it doesn't work for me, I'll come back and update the review.

Danny Verpoorten says

Decent book for any beginner or beginner-intermediate that wants to build muscle. It's an extensive program though; you need to subject yourself to the program for six months but I'm sure you will get results.

