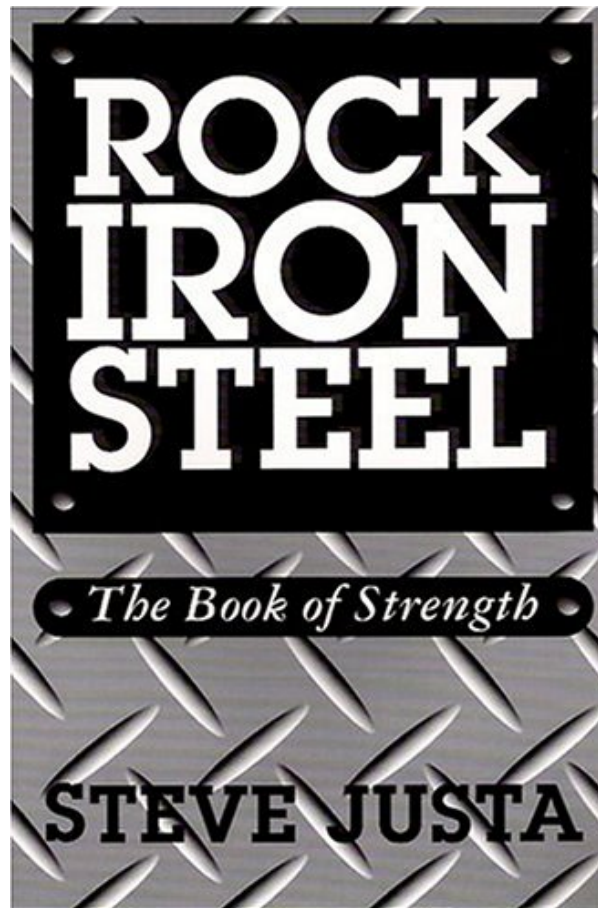
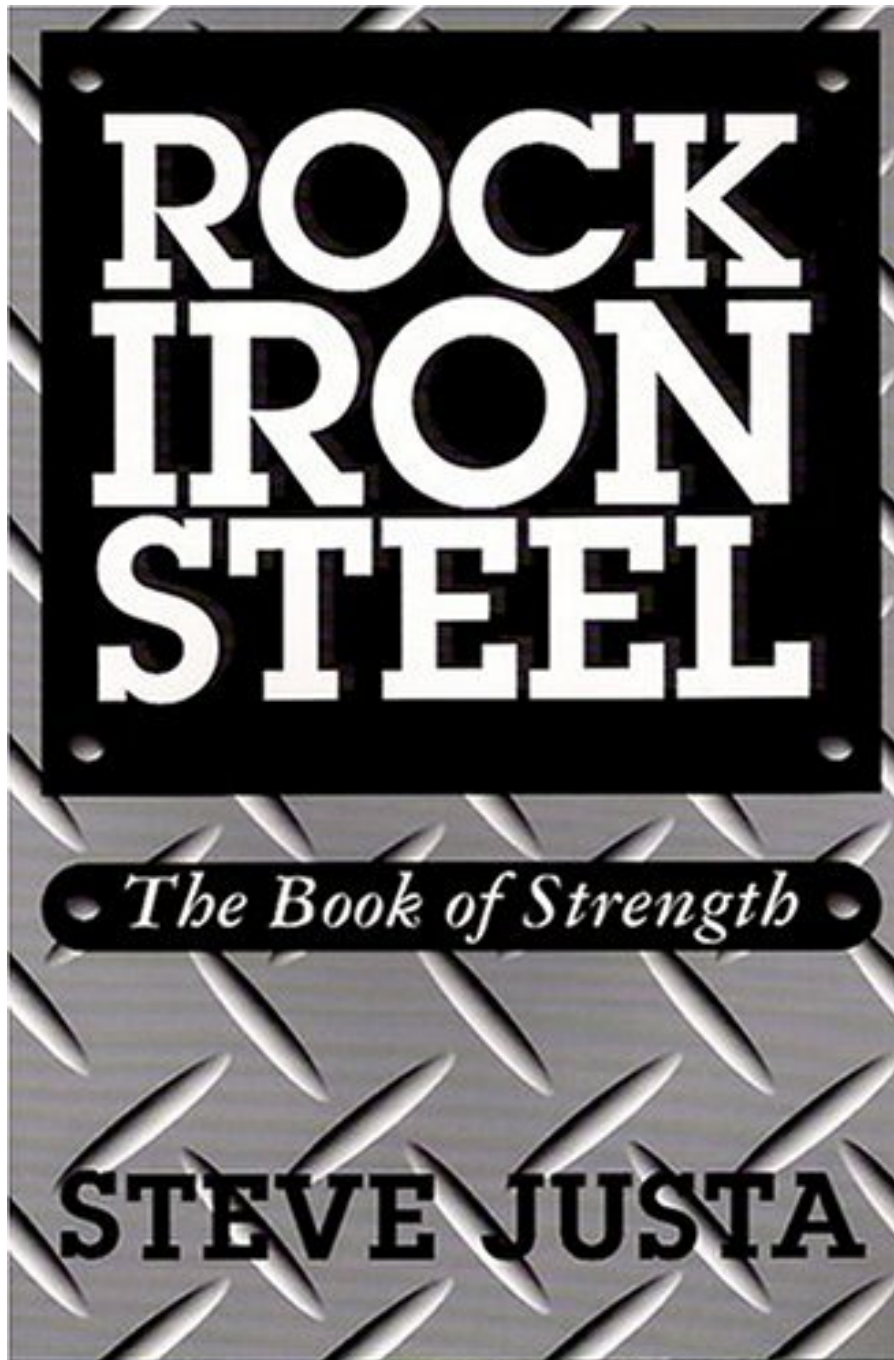


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# **ROCK, IRON, STEEL: THE BOOK OF STRENGTH BY STEVE JUSTA PDF**

From America's Heartland, the Great Plains, comes the genuine article when it comes to real-world strength and power: Steve Justa. Justa is the guy whose original "Barrel Lifting" course (contained in this book) was a cult favorite for years, and for anyone who remembers his White Buffalo ad, we need say no more. If you want to find out what you've been missing by hiding out with only really nice weights to lift, grab this - the original - "functional strength" training book. 112 pp.

- Sales Rank: #1066624 in Books
- Published on: 1998-09-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 5.75" w x .50" l, .40 pounds
- Binding: Paperback
- 112 pages

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11 of 11 people found the following review helpful.

Great Book for Strength Athletes

By N. Traxler

Steve Justa is not only a great lifter, but his aptly named book shows he can teach you exactly what he has done to become so strong. This book surprised me in it's realistic style, which makes you feel as if Steve is sitting with you at his kitchen table, telling you his secrets. Not only does this book show what he has done to become strong, but it outlines many different excercises and lifting routines to explore news areas of strength in your own lifting. If you are looking for a book that can give you new, creative ways to effectively increase you overall strength levels, you need to add this book to your collection.

42 of 42 people found the following review helpful.

Very Innovative!

By Thomas M. Seay

For some time I have been one of those who, for some reason, believed that strength could only be built with barbells and dumbbells in a nice, clean gym. This peculiar way of thinking was due to being under the spell of body-bulding and the fashionable scene that goes along with it nowadays.

Sure barbells and dumbbells need to be a big part of a strength trainers "arsenal" but, thanks to writers like Brooks Kubik ("Dinosaur Training"), Matt Furey, and the author of this book, Steve Justa I have come to see that odd-objects (sanbags, barrels, even the human body) can be used to build super strength. These awkward shaped objects build muscles that remain unaffected by "normal" barbell training and, like some barbell exercises (squats, deadlifts, bench press), these types of lifts are compound exercises which emphasize that a great many muscles work together. This breaks with the body-building paradigm which emphasizes isolation.

Justa underscores safety and gives methods he uses to train safely.

He also emphasizes the importance of building up the tendons and ligaments, a point entirely missing in most recent literature (though it was important among old-time strength builders).

Furthermore, you will get caught up in Justa's enthusiasm for the iron game and the resultant greater motivation you enjoy from reading this book will lead to bigger gains. Good luck!

2 of 2 people found the following review helpful.

As far from mainstream as it gets, excellent, very worth reading

By Robert

More a booklet than a book, but inspiring and well worth the read. Steve Justa is a modern descendant of the Old Time Strongmen, one of those outliers who has spent his life building amazing practical strength. Here he lays out some of the training systems he used to build that strength. Barrel lifting, isometrics, weighted running, shovel lifts, sled pulling, the Backlift, the Hand-and-Thigh lift, and more are covered, along with programs for more common gym lifts, including a training with singles program that might make McFitness club trainers blow a gasket.

Even if you're not interested in strength training, this booklet offers a fascinating look at what the human body can accomplish with time and dedicated practice. If you are interested in building strength, [U]Rock, Iron, Steel[/U] will likely change the way you train.

So, it's a very good book. Recommended.

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