

Weight Training Without Injury

Over 350 Step-by-Step Pictures
Including What Not to Do!



"Weight Training Without Injury is an essential book for all ages to improve muscle strength and endurance without causing harm to the musculoskeletal system.... The chapter on proper squat exercise alone is so important that I have already changed the way I teach this exercise in my practice."

—STUART C. MARSHALL, MD

Orthopaedic Surgeon, Specializing in Sports Medicine and Trauma

FRED STELLABOTTE • RACHEL STRAUB, MS, CSCS

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Rosina Ehmann



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