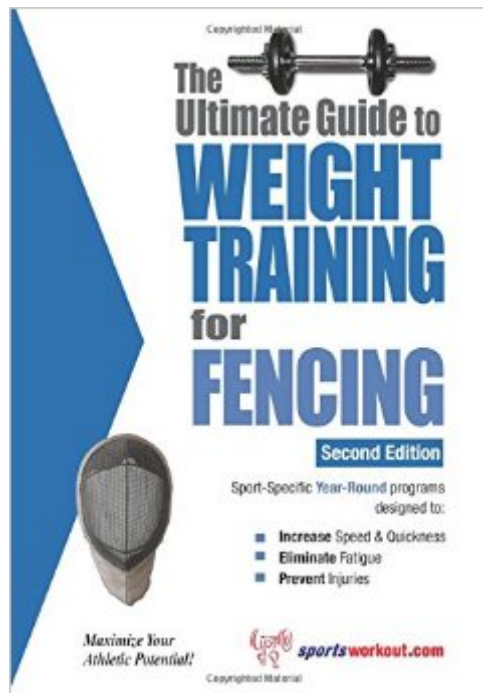


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# The Ultimate Guide To Weight Training For Fencing (Ultimate Guide To Weight Training: Fencing)



## Synopsis

The Ultimate Guide to Weight Training for Fencing is the most comprehensive and up-to-date fencing-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round fencing-specific weight-training programs guaranteed to improve your performance and get you results. No other fencing book to date has been so well designed, so easy to use, and so committed to weight training. This book will have fencers increasing agility, strength, balance, and flexibility, which translates into more precision and power in advances, lunges, and recoveries. Following the programs in this book will also enhance wrist speed and control, reduce the chances of injury, and make you an overall better fencer. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

## Book Information

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Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (13 customer reviews)

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## Customer Reviews

I've been teaching fencing, as well as knife combat, in local classes, and via [bladecombat dot com](#), for over 30 years, and this volume is outstanding for both. With due respect for the other reviewers who thought it was "good but not specific to fencing" -- I disagree. Sure-- flexibility, strength, endurance CAN be taught for any sport, but the emphasis on the knee (Eg. ACL), shoulders, etc. are VERY appropriate for the pains and strains of lunges and other footwork and arm motions that

can seriously injure a hamstring, shoulder, tricep, knee, foot, quads and often, calf. If you're a seasoned weight trainer you'll recognize many of these routines as standard, but that doesn't take away from their value for the swordsperson. Remember, the author here says that this does not teach specific fencing techniques-- it IS about weight training, which is only one piece of the puzzle. If you want more specific exercises, stretches, techniques, etc. to augment your weight training, without a doubt two incredible texts stand out, both by Barth: Training Fencing, and Learning Fencing. As for some comments that weight training can actually "hurt" your fencing style-- balderdash. This has been argued about weight training for every sport since weights began, and is universally over-parroted. The idea is often that you'll become "musclebound" and therefore lose flexibility. PLEASE! That result would take so much weight training (not to mention roids) that you wouldn't have TIME to fence!! You CAN hurt yourself weight training, just like by fencing, it just requires moderation and a good trainer who is BICAA, ACE, ISSA etc. certified. Then-- go for it!

The content of this book is fine for a general introduction to weightlifting. However, it is not focused on the fencer as the title leads one to believe. From my experience as a physician, a competitive athlete and the perspective of our physical therapist who also read the book this is a good general treatise on weight lifting, but it is not customized to the sport of fencing. Some exercises, while they will build bulk, as the model demonstrates, can actually be counterproductive to the movements of fencing.

The book has decent recommendations, but a little too "cookie cutter". That is, if you take away the cover and some words in the text, it could be a routine for almost any other sport.

Reason why I'm giving this book only two stars is because it does not fulfill what it promises. It's a good book for weight training, but it barely speaks about Fencing at all. Several opportunities during the text could've been used to help the reader set a good training for fencing, but the general feeling after reading it was that it's only an excerpt from a weight book, whose introduction and conclusion were written for fencers. I haven't read many weight training books, but it seems to be good for generic training, just not focused particularly on fencing - which is clearly stated on the page.

Just a number of exercises having unclear connection to gaining success in fencing. May similarly be named as "... Weight Training for ..." whatever or simply "Weight Training".

This book contains basic weight training exercises that can be applied to a variety of sports that involve the use of a variety of muscle groups.

Purchased this last year and is very basic. Somewhat helpful but not specific to fencing. A little disappointed!

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