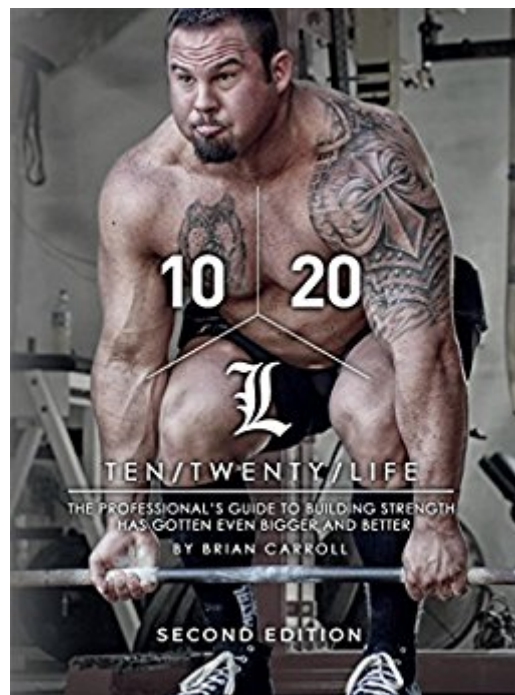




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# 10/20/Life Second Edition: The Professional's Guide To Building Strength Has Gotten Even Bigger And Better



## Synopsis

10/20/Life - 10 and 20 weeks at a time for a lifetime of positive momentum in life and in training. Learn to be your own coach, attack your weaknesses and utilize a proven philosophy that is a guide to permanent success. You asked for it, I listened and took it even further: 10/20/Life Second Edition in soft-back physical copies. If the physical copy isn't enough for some of you, I re-visited the whole book, and made many, many additions to each chapter & section with the 3 years of implementation from lifters all over the world! During these 3 years, your feedback, success-stories/testimonials and support " provided me many ways to improve this now much-more complete "Second Edition" of the 10/20/Life philosophy. Just a few of the sizable additions to this "second edition" physical copy (this book is now over 150 pages vs the original book's 100):

- New chapter "Deload"
- New chapter "Establishing a baseline"
- New chapter "Speed work"
- Other updated features include:

- A reintroduction to the 10/20/Life philosophy and update with AMAZING testimonials " male and female, raw and equipped.
- The 5 main principles of 10/20/Life
- How do you gain a mental edge? Tips to do so
- What 10/20/Life is NOT " putting to rest speculation
- RPE " a different approach
- Nutrition " a closer look with detail
- Coaching cues updated and expanded
- Weak point index updated and expanded
- Combo day updated and modified
- Step-by-step set-up and the pro's and cons of a "wide base bench" vs the "traditional tucked" approach
- New offseason training split "Jumbo Day" for those with little to no time to train or those who can't recover between sessions with a typical split or even the "combo day"
- All new pictures and charts throughout the entire book
- Percentages for pre-contest modified and addressed with suggestions
- Many new exercise and section "break outs" for explanations of movement, an important note, or simply a summary of the section
- FAQ section with 15 of the most commonly asked questions. NOTE: all of these FAQ are also clarified, addressed and explained in this version of book even better now
- Cheat sheet of cues for the squat, bench and dead to quickly refer to
- Charts for you to write in and program your own 10/20/Life training
- Training logs to note your progress with each training day of each cycle

## Book Information

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## Customer Reviews

I bought the first edition almost 2 years ago, at that time I injured my back and I was at my all time fattest, what I learn in that book led me to more fun, productive and balanced 2 years of progress, shedding 40+ pounds of body weight and getting 80+ pounds on my total, with this second version, Mr. Carroll update all the information and a lot more of what you can expect, it is pure gold for any dedicated lifter and it will teach you lessons that you can only learn with experience and time under the bar. This is not a book on fitness or to lose weight or just to get stronger, this is a book that it will teach the correct way to lift and to continue doing it for years.

Not just another training manual, the 2nd edition is an expansion on what is, at the beginning, a collection of training philosophies that allow you to continually reach and exceed goals, regardless of your "sport." I've been using the principles in my training since the first edition was released, and I still use knowledge gained from there with regards to my own programming. A great read if you're stuck, or if you're starting.

This is one of the most thorough and comprehensive strength training books I have ever read. As a very high level equipped power lifter that has been training 11+ years I can look at what is written and see the application and notice where ego is taken out of this and only results are attained. Would highly recommend to anybody trying to get strong as hell!

I bought this book, at the encouragement of a coach I only went too a couple of times due to my work my schedule for very hectic. I lifted 6 days a week, going heavy for s long time and it beat me down. Not even to injury me but I knew something wasn't right and I would get hurt. A couple weeks into this philosophy, lifting style. Whatever you'd like to call it and I can tell 2 things immediately. I will get stronger and I will be healthier. highly recommended!!

The original was awesome, and the update is just as incredible!! I'm drug free and 46 years old. The Jumbo training template is just what I needed. This book is for ALL lifters- competitive or not!! Buy this book!

I bought this book recently. It's a good read and easy to understand. I have not implemented it yet, but am planning to use it on my next training block.

Being in powerlifting for quite a few years now and had yet to find a program/philosophy that fit what I needed, that is until I found this book. The first night I got it I read it cover to cover. As a Sports Chiropractor I have a huge appreciation for Dr. Stuart McGill, and a lot of our chiropractic textbooks are either written by him or cite him extensively. The fact that Brian utilizes the "Big 3" as his warm-up procedure is huge, and I recommend them to almost every back pain patient I have. Onto the actual program and layout: the program is very easily to follow and is broken down into "off season training" and "pre contest training". I like this because off season is the time to build up your weak points, which Brian bases his program off of. I also wanted a program that had auto-regulation built into it, which the off season training is all auto-reg. The 10 weeks leading up into a meet are percentage based which at this point of training is ideal to peak for the meet correctly. His weak point chart is perfect for people who don't know why they miss lifts at the same spot every time, and what they can do to fix it. Overall I am a big fan of this book and the philosophy of the 10/20/Life principle.

I'd like to preface this review by saying I have no affiliation with the 10/20/life team or Brian Carroll. I will say that Brian has my respect not because of his world record setting performances, but his resiliency, passion for the game, and willingness to pass on what he has learned through twenty years of experience. I have been powerlifting for approximately a decade and have trained out of Lexen Xtreme for the past seven years. Anyone familiar with the club knows we have a system that has produced multiple world record holders over several weight classes. My pr's include a 935lb

squat, a 660lb bench, and a 730lb deadlift with pro totals in the 220, 242, & 275lb weight classes. I was still able to get A LOT out of Brian's manual. I am confident that anyone from novices to professionals will benefit from reading 10/20/Life. This book is well written from cover to cover. I was beyond pleased that the book wasn't riddled with powerlifting buzzwords and jargon. Unlike other books that are on the market, Brian's 10/20/Life teaches training philosophy and methodology vs. instructing users to adhere to strict rep/set scheme that leaves trainees burnt out. Essentially, readers should learn to program for themselves by structuring an organized training plan. Brian's book does just that by teaching readers HOW to structure their training. The detailed "weak point/assistance exercise" index will help any lifter adjust their training to improve weak points that continually hinder their progress. Readers will gain perspective on when to push themselves in the weight room and when to back off by implementing the tips outlined in the off-season and pre-contest chapters of this book. Without giving away the contents of the book, just about everything a new or experienced trainee would like to learn about Brian's training methodology can be found in this body of work. If I had to say what opportunities I saw with this book, I suppose that the technique tips on the big three could have been outlined before discussing assistance work. (there is a table of contents which kind of makes this trivial anyway) Outside of that, I can't find any real fault with this book. I encourage anyone interested in powerlifting training and programming to pick up a copy. -Pat H

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