



Power: A Scientific Approach

Frederick C. Hatfield

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Dr. Fred Hatfield, author of the bestselling *Bodybuilding: A Scientific Approach*, presents *Power*, his most advanced, most comprehensive book to date on the science of strength training. Revealing the latest discoveries and techniques, *Power* translates these findings into relevant, understandable training advice. Dr. Hatfield delves into the intricacies of strength--its eleven types and seventeen sources. He explains how the body builds strength and how scientific methods can improve it. Addressing the concerns of every serious bodybuilder, he considers issues both physical--fatigue factors, recovery times--and mental--concentration, motivation, and stress. He also explores the crucial role of diet and nutrition, providing programs for integrating training with proper diet and supplementation schedules and giving sound advice on precontest and performance diets. Through the use of current research, charts, tables, illustrations, and photos, Dr. Hatfield delivers vital new information no top athlete will want to be without. Frederick C. Hatfield, PhD, has written more than a dozen books on sports, fitness, and bodybuilding, as well as scores of research reports and articles.

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