



Be not afraid of growing slowly,

Be afraid only of standing still.

Chinese proverb

A personal return on experience from over 30 years strength sports experience.

By Mark Notschaele

Recommended reading

Follow “ATC ” on Facebook: <https://www.facebook.com/ATCSports>

“**The education of a bodybuilder**” – 1977 - Arnold Schwarzenegger

“**Heavy Duty Journal**” – 1979 – Mike Mentzer

“**Ripped**” – 1980 – Clarence Bass

“**Keys to the INNER Universe**” – 1982 – Bill Pearl

“**Heavy duty**” – 1983 - Mike Mentzer

“**Reps!**” – 1985 - Robert Kennedy

“**Mentale begeleiding in de sport**” – 1987 - F Oyen

“**Super Squats**” – 1989 - Randall J. Strossen”

“**Serious Strength Training**” – 1998 - Tudor O. Bompa

“**Periodization training for sports**” – 1999 - Tudor O. Bompa

“**Starting Strength**” – 2005 - Mark Rippetoe

“**HIT Hoch Intensität Training**” – 2006 - Dr. Dr Jürgen Giesling /Novagenics

“**The West side barbell book of methods**” – 2008 - Louie Simmons

“**Ernährungs Strategien in Kraftsport & Bodybuilding**” – 2009 - Dr Loeffelholz

“**5/3/1**” – 2009 – Jim Wendler

