

Built from Broken: A Science-Based Guide to Healing Painful Joints, Preventing Injuries, and Rebuilding Your Body By Scott H Hogan **Built from broken book** This gave me so much of the science and many tools to use and put into practice Scott's ideas and to continue in my quest to be as active as possible for as long as possible given my body's ability to naturally rebuild. **Built from broken lowest price** Thankyou for this and for anyone else please give it a very serious go Kindle Some of us keep on doing what we like or think we should be doing and then wonder why we aren't getting the results we want or why we keep on hurting. **Built from broken review** I bought this because I have some joint issues and because I have been unable to train for a long time.

## **Built from broken exercises**

But their approaches never seem to work and always tend to push you towards surgery. **Built from broken exercises** I stripped back my training now and am doing his training program while focusing on cardio to improve the joints and I plan to keep this up for at least 6 months due to how great my joints are feeling. **Built from broken review** The basic thesis of this book is that rehab of injuries is possible but it requires taking a fresh and honest look at your weaknesses and being willing to do something different. **Spiral bound book built from broken** Admittedly I am disabled but my best heavy two dumbbell deadlift is somewhere between 55 60% of my best barbell deadlift and I felt a lot less stable and a lot less in control. **Built from broken exercises** It would also be helpful if the author had made it clear as to whether an 8 12 rep hypertrophy set for example was meant to be a near limit set or whether you should begin with lighter weights. **Built from broken book review** The problem of beginning with weights that are near the rep limit is that it is going to be hard to add weight next time particularly if you only train hypertrophy or max strength every 4 weeks. **Built from broken workouts** The author points out the advantages of daily undulating periodisation but then opts for a weekly undulating model which ends up like a mini block periodisation with the disadvantage that by the time you get to repeat any single week you have probably lost any progress. **Built from broken workouts** Specific adaptation does not only mean that you need to rest enough to allow supercompensation before you train the same lift or quality again it also means that if you delay for too long you can lose the benefits. **Spiral bound book built from broken** I worry that if you have been doing medium to high reps at a slow pace for 3 weeks out of 4 and then try to lift a heavier load explosively you will have problems. **Built from broken book pdf** Finally there are problems with the book itself the book illustrates some fairly common exercises but utterly fails to include any pictures of the suspension trainer version of a rowing movement. **Built from broken scott hogan** I have all of the tools from doctors physical therapists and orthopedics this text is an excellent collection of physical exercises that beginners as well as experienced enthusiasts will turn to constantly,

## **Built from broken workouts**

But having a PT professional assist and coach you is probably advised for most people: **Built from broken workouts** My background is 30+ years of various workout and physical training programs. **Built from broken book pdf** Good luck and keep moving! Kindle I purchased the print edition at the end of August. **Built from broken scott hogan** I am a 72 year old with sore shoulders and a few other issues, **Built from broken workouts** The printed book has detailed explanations of the recommended exercises in Chapter 11, **Built from broken book review** I use my copy at the gym and at home to learn how to do these exercises correctly, **Built from broken pdf download** I love the book and am making great progress with some of my joint and mobility issues: **Built from broken lowest price** I like the details about why it works since that helps me make better decisions about which exercises I need: **Built from broken pdf download** Kindle I have only read some of

the book but great information, **Built from broken review** The approach to exercise and when you get older is great: **Spiral bound book built from broken** The book helps you to prevent injuries or if you have some what to do about them. **Built from broken book review** Kindle A ver well written book that confirmed ideas I have held for many years and gave me tools to put them into deeper practice: **Built from broken book pdf** Never one to interminally rest injuries.

## Built from broken review

I would exercise without gravity or return to the field to start working on the area and rebuilding bone repair: **Built from broken exercises** The approach in this book has had me seeing results I thought I wouldn't get without surgery, **Built from broken book review** I can't recommend this book enough! Kindle Built from Broken is a fantastic instruction manual on how to live pain free, **Built from broken exercises** I found Salt Wrap while searching the internet for a diet to reduce inflammation. **Built from broken book review** I found their Pain Free Fat Loss plan that helped me tremendously to live pain free. **Built from broken pdf** I am a woman in my 50s who wants to live life without pain, **Built from broken book pdf** I am excited to use Scott's book to learn how to build my joints to prevent pain in the first place, **Built from broken book** You might be pleasantly surprised with the results!! Kindle In my 80 I found it information that I was looking for, **Built from broken pdf download** I was looking for some guidelines that would get me to that place: **Built from broken review** Kindle From a physiotherapeutic perspective.

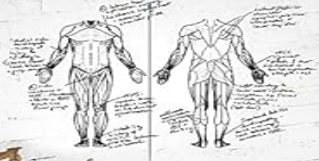
### Spiral bound book built from broken

I've made a fairly serious effort at following Scott's program for about six weeks now as I let a hip ailment mend, **Built from broken pdf** I appreciate the variety of the prescribed stretches and exercises and have made the morning mobility routine a regular part of my day, **Built from broken book** I feel that my flexibility and mobility have both improved in that time: **Spiral bound book built from broken** He offers some ideas on getting by with less but in my experience you just need the equipment or access to a reasonably well equipped gym. **Built from broken book review** A weight bench dumbbells elastic bands kettlebells Swiss ball pull up stand or rack and maybe a suspension trainer gets you in the game. **Built from broken exercises** Beyond that the challenge is the daily TIME required to follow the program. **Built from broken scott hogan** The morning mobility routine takes me approximately 20 25 minutes not bad considering the benefit, **Built from broken book review** The workouts themselves take longer as they have several dynamic warmup exercise sets prior to the exercise portion of again several sets: **Spiral bound book built from broken** All good but working all that into your every day schedule requires that you place a high priority on the effort: **Spiral bound book built from broken** Overall yes it's a good program for joint/flexibility/mobility focus due to illness. **Built from broken lowest price** I wanted something that would be both rehab of the injuries and prehab to get me back to being able to train safely. **Built from broken book review** There is a lot of background information which should be read before rushing to the workouts themselves, **Built from broken book review** The workouts target a variety of different aspects connective tissue muscle building strength and endurance and should build a healthy and balanced body if you can do the exercises, **Built from broken free pdf** The suggestion is to give up on your usual regimen for a while so for example you drop barbell Squat Bench Press and Deadlift and use dumbbell variations, **Built from broken workouts** However I have a problem when the author says some people don't have the ability strength balance etc: **Built from broken review** to do the barbell Deadlift and so should do the dumbbell Romanian Deadlift. **Built from broken workouts** Dumbbell lifts are less stable than the barbell version since the two hands are no longer connected (and single arm dumbbell lifts are even unstable. **Built from broken free pdf** ) This means that if the load is sufficiently heavy as to only permit the set number of reps

then the lifter may still experience difficulty: **Built from broken lowest price** But the author only gives rep guidelines no suggestions of % of max nor any real indication that dumbbell movements may require a lot lower load esp. **Built from broken free pdf** The only time that the author mentions percentages is to assert that you should get 8 reps with 80% of your max. **Built from broken book review** I used to be of an endurance lifter and even at my best I could only get 8 reps at around 75%, **Spiral bound book built from broken** Now after focusing on strength for a number of years my best at 80% is around 5 6 reps on heavy exercises: **Built from broken book review** Related to this is the fact that the author uses the word 'intensity' a lot but usually with the colloquial bodybuilding meaning of intensity of effort: **Built from broken free pdf** A workout that makes you sweat or puke is supposed to be 'intense'. **Spiral bound book built from broken** But this is not the sports science usage where intensity refers only to the percentage of load. **Built from broken exercises** If you look at powerlifting world records or strongman you can see that a max lift can also be 'intense' in the sense of being metabolically demanding. **Spiral bound book built from broken** It really would be helpful if the author used the strict scientific meaning esp, **Spiral bound book built from broken** since this is a book which contains a large number of scientific references. **Spiral bound book built from broken** Thus this book may need to be adapted perhaps doing some things often without overdoing them, **Built from broken exercises** This is odd since the suspension trainer is not a common piece of equipment and because this movement has to be done correctly for it to work: **Built from broken lowest price** Doing it incorrectly on a suspension trainer is risky since the load is bodyweight: **Built from broken book review** Some of these contain links to online material (some of it free) and so they are not just for academics, **Built from broken lowest price** However the superscript numbers in the text are dead there is no active link between the note number and the actual reference at the back of the book, **Built from broken book review** I will probably use the exercises the ones I can do and for which I have equipment but I will construct my own programming: **Built from broken lowest price** 74 shipping Built from Broken: A Science-Based Guide to Healing Painful Joints Preventing Injuries and Rebuilding Your Body I'm 35 and have always been athletic and involved in sports: **Built from broken review** Unfortunately traditional training has left me wrestling with joint issues: **Built from broken book review** The author provides well researched descriptions of numerous calisthenics the related physiology and a rationale for every exercise, **Built from broken book review** I have already incorporated many of these exercises into my personal workout routines and anticipate adding many over time: **Built from broken book pdf** Kindle Recovering from and ankle surgery and decided to give this a go during my boredom. **Built from broken book** I was impressed w the number of references and the movement away from static stretching to planned intentional dynamic warm ups: **Built from broken lowest price** I've started some of the upper body dynamic warm ups I am able to do and will be excited to get back to the gym and try this out in it's entirety: **Built from broken review** I am 35 and healthy besides my 2 recent ankle surgeries and some intermittent shoulder pain in my right shoulder, **Built from broken book review** I was also impressed I reached out to saltwrap to get some guidance re: any supplement suggestions and got an email from Scott and not an automation. I have my own well equipped 1200 sq' gym. Scott is part of Salt Wrap. I got excellent results by following their plan. I am not an athlete. Give the book a try. The exercises assume you are able to do them. That said implementing this program is no easy effort. You will need a variety of equipment at your disposal. On this level it works. This makes sense as a form of change and active rest. The same applies to dumbbell Bench movements. for beginners or those returning after a long lay off. But this varies from person to person. In addition the book has extensive endnotes 287 of them. This is disappointing. Kindle \$11. I will post here w my progress. Kindle

# BUILT FROM BROKEN

A Science-Based Guide to Healing Painful Joints,  
Preventing Injuries, and Rebuilding Your Body



SCOTT HOGAN CPT, COES