

Strength Ball Training 2nd Edition

Lorne Goldenberg & Peter Twist

Human Kinetics, 475 Devonshire Road, Unit 100, Windsor ON, N8Y 2L5

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Lorne Goldenberg

Strength and Conditioning coach (formerly with various NHL teams)

President of Strength Tek Fitness & Wellness Consultants

President of the Athletic Conditioning Centre

Lecturer for the National Strength and Conditioning associations

Peter Twist

Strength and Conditioning coach (formerly with the Vancouver Canucks)

President of Twist Conditioning Incorporated

Guest lecturer for international fitness conferences and coaching clinics

Reviewed by Dana Selby BPHE, CK, DC

Email – dr.dselby@gmail.com, Active Choice – Rehabilitation Centre, Acton, Ontario

Goldenberg and Twist have collaborated to produce 'Strength Ball Training (2nd edition)', a 12 chapter text that introduces the biomechanics and kinetics of training with both exercise and medicine balls. This easy to read and understand text would be of benefit to own for any health care professional working in a rehabilitation setting and especially with an athletic population. It is of note that the authors made a point in the introduction to indicate that the exercises presented in this text were founded on solid scientific principles. For the evidence based practitioner, this is an essential component of prescribing and designing rehabilitation programs.

Chapter one examines the science behind and the rationale for, the use of stability balls, citing multiple researchers. It is broken into subsections including information pathways involved with synergistic muscle activation, the importance of balance and the relationship of biomechanics to the body. The chapter ends with information about new research that has been published since 2002 when the first edition of 'Strength Ball Training' was released. In the second chapter the fundamentals of training with the strength balls is examined. It discusses important concepts when creating more sport specific rehabilitation programs and when and how to make appropriate progressions for both the stability and medicine ball. The remaining nine chapters focus on a different region of the body, with a variety of exercises utilizing both the exercise and medicine balls, including both individual exercises and partner assisted exercises. The depicted exercises follow a consistent format, beginning with proper set up of each exercise followed by the sequential movements that are occurring within the body and their finishing positions and repetitions and may also include tips and progressions.

The accompanying DVD provided in the book jacket is often referred to throughout the text by a DVD icon when further instruction or clarification is needed. This is especially useful for the more advanced and more complicated exercises. Of great use is a practical and convenient exercise finder, that is located following the introduction and before chapter one, the finder allows the reader to easily locate specific exercises within the body of the text which are listed in alphabetical order, instead of regionally separated. From a purely aesthetic standpoint, future editions would definitely benefit from using colour pictures.

In conclusion, this book would be a positive addition to any rehabilitation centre, especially those working with athletic patients. The exercises presented are challenging, progressive and individual programs could easily be structured to address sport specific mechanics and muscle activation. For the price, practitioner's are getting a steal of a deal in terms of the knowledge they have the potential of gaining from reading and owning this text.