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Starting Strength: Basic Barbell Training 3rd Edition (the first two editions are out of print - obsolescence is hell) is the flagship text. It provides detailed instruction on the lifts themselves, along with mechanical analyses that explains why we choose to coach the lifts the way we do.

Which Book? | Mark Rippetoe - Starting Strength

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Starting Strength: Basic Barbell Training is the new expanded version of the book that has been called "the best and most useful of fitness books." It picks up where Starting Strength: A Simple and Practical Guide for Coaching Beginners leaves off. With all new graphics and more than 750 illustrations, a more detailed analysis of the five most important exercises in the we

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