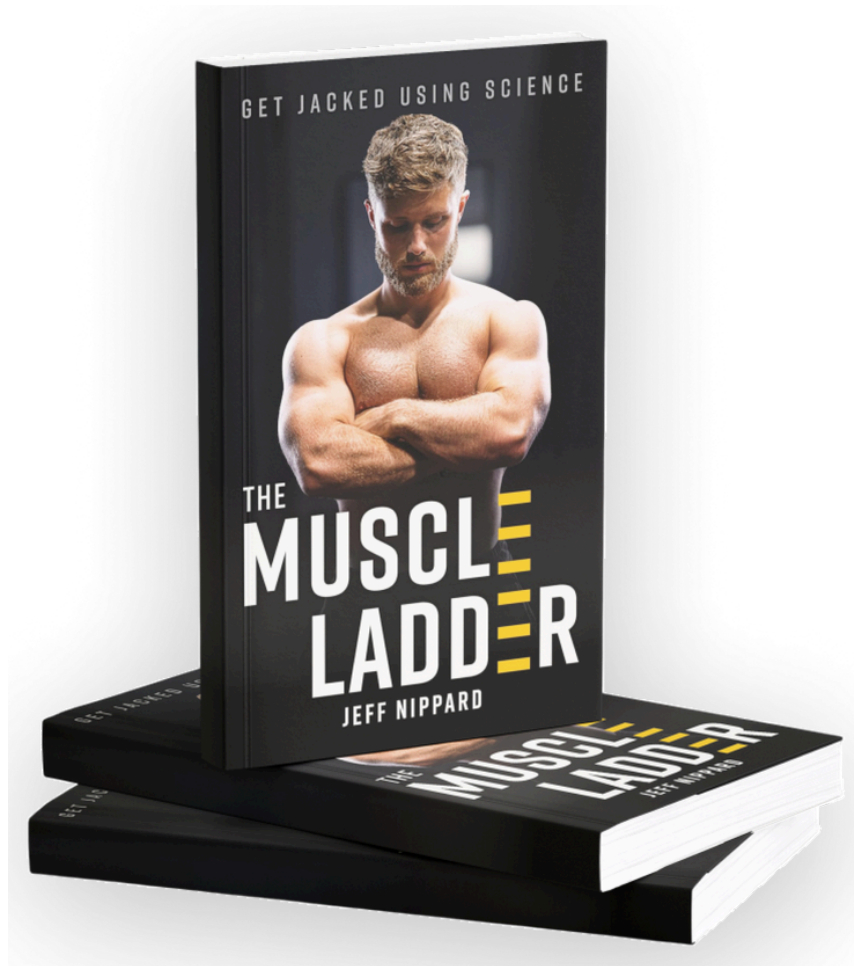


Book Review: The Muscle Ladder - Jeff Nippard



TL;DR Review

If you fit all of the following criterias:

1. You are intensely interested in strength training
2. You are new to weight lifting
3. Games like Satisfactory, Factorio, and Oldschool RuneScape excite you

Then congratulations! I think this book would be a good fit for you!

If not then I still think the book is a good skim if you borrow the book from a library. When skimming the book also becomes VASTLY more digestible since this book spends a lot of time trying to CONVINCe the reader that a statement is true. So if you only read the sections that you're skeptical about then the entire book is like ~3-5 hours at a casual pace.

Background on my weight training

- I started in freshman year high school via an actual class where we were required to log our progress
- Afterwards I didn't really do much with the knowledge and went along with life until the start of freshman year college
- With easy access to the freshman gym, incredibly light schoolwork, and new friends who were gymrats I had a really easy time getting back into the groove
- Going into sophomore year I found a rhythm I was happy with and started to go by myself and focused on pushing my max on the benchpress machine. With a little bit of time I was able to bench 315lbs
- After graduating it was a lot harder finding the time and motivation to go to the gym but I had a pretty good groove of going 2-3 times a week until I took a month PTO traveling to various cities. Afterwards I found myself rarely going and I'm hoping this book gives me the twist needed to make the gym fun again

Specific notes I want to incorporate

- I appreciate the high level vague sentiment that gets broken down into actionable concepts which in turn have a list of individual actions. This mirrors the integration of DG with the principles -> policies -> rules
- Intentionally lowering the volume for each muscle group and focusing more on heavier individual reps.
- Taking macros more seriously - normally I've just eyeballed certain things but it would be a fun thing to experiment with for a month or two
- Having a more rigid gym routine - specifically focusing on one compound movement for the day and then moving on to isolated exercises
- Implementing general warmups and warmup sets

Final Thoughts

So I think this book is way less impactful to me just because I didn't fall under all the categories listed in the TL;DR section...

Another problem is that I just read a pretty result-orientated long-term project planning framework so a lot of the ideas kinda overlapped...

Was it worth \$20? In a vacuum I would say no but I do enjoy Jeff's Youtube videos and his methodical approach to giving advice is the kind of content I'd like to support.