



Mean Ol' Mr. Gravity

By Mark Rippetoe



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Mean Ol Mr. Gravity is a compilation of Q&A posts from Mark Rippetoe's StrengthMill forum. Edited for brevity, efficiency, clarity, accuracy, and taste (in a loose sense, sorry), *Mean Ol' Mr. Gravity* adds to the information available in *Starting Strength: Basic Barbell Training* and *Practical Programming for Strength Training* by tailoring it to the individual through his responses to questions posed by actual humans regarding their own training. It preserves the coarseness, humor, and candor that have become Rip's trademark style.

A Question.

Goombahboy: Hey Rip, why would you make a book out of a bunch of posts that are already available on the web? What could you possibly have been thinking?

Mark Rippetoe: An excellent question. I have no idea, other than the fact that a book like this makes an excellent bathroom companion. The reading-kind of companion. Information and humor in small, easily managed chunks. Conveniently digestible pieces, as it were. Well, you know what I mean.

Bozo1988: Yeah, what were you thinking? I mean, I know there's a lot of information here, I know that all of the really stupid stuff that would waste my time while reading it online has been removed, and that the videos posted on the board don't load very fast in a book format anyway, but why a book?

Mark Rippetoe: Look, just read the damn thing, okay? You'll be fine.

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Mean Ol' Mr. Gravity By Mark Rippetoe Bibliography

- Rank: #495984 in Books
- Published on: 2009-12-07
- Number of items: 1
- Dimensions: 10.98" h x .75" w x 8.50" l,
- Binding: Paperback
- 364 pages

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Editorial Review

About the Author

Mark Rippetoe is the author of Starting Strength: Basic Barbell Training, Practical Programming for Strength Training 2nd edition, Strong Enough?, Mean Ol' Mr. Gravity, and numerous journal, magazine and internet articles. He has worked in the fitness industry since 1978, and has been the owner of the Wichita Falls Athletic Club since 1984. He graduated from Midwestern State University in 1983 with a Bachelor of Science in geology and a minor in anthropology. He was in the first group certified by the National Strength and Conditioning Association as a CSCS in 1985, and the first to formally relinquish that credential in 2009. Rip was a competitive powerlifter for ten years, and has coached many lifters and athletes, and many thousands of people interested in improving their strength and performance. He conducts seminars on this method of barbell training around the country.

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Kerstin Torres:

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