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The Beginner's Guide to Strength Training

This page will help you master the fundamentals of strength training and will point you to the resources you need to make the gains you want. You will find articles and books on strength training.

Let's define strength training.

Essential Strength Training Articles

Read these three articles to start.

1. Nobody Says It, But This is the Greatest Weightlifting Lesson I've Learned
(<https://jamesclear.com/slow-gains>)
2. 6 Truths About Exercise That Nobody Wants to Believe
(<https://jamesclear.com/best-exercises-basics>)
3. Why Everyone Should Lift Weights: 3 Benefits That Nobody Ever Talks About
(<https://jamesclear.com/why-lift-weights>)

The Best Strength Training Books

- Starting Strength (<https://jamesclear.com/book/starting-strength>) by Mark Rippetoe
- You Are Your Own Gym (<https://jamesclear.com/book/you-are-your-own-gym>) by Mark Lauren
- Burn the Fat, Feed the Muscle (<https://jamesclear.com/book/burn-the-fat-feed-the-muscle>) by Tom Venuto

Want more great books on strength training? Browse my full list of the best fitness books (<https://jamesclear.com/best-books/fitness>).

All Strength Training Articles

This is a complete list of articles I have written on strength training. Enjoy!

- If Nothing Changes, Nothing Is Going to Change (<https://jamesclear.com/repeated-bout-effect>)
- What Happens When You Believe You're Taking Steroids (<https://jamesclear.com/power-of-placebo>)
- Fast Growth is Overrated (<https://jamesclear.com/yuri-wardanyan>)
- 10 Lessons Learned from Squatting 400 Pounds (<https://jamesclear.com/squat-400>)
- Hacking the Workout Journal: How to Track Your Workouts in the Simplest, Most Effective Way Possible (<https://jamesclear.com/workout-journal>)
- The Theory of Cumulative Stress: How to Recover When Stress Builds Up

(<https://jamesclear.com/cumulative-stress>)

- 3 Simple Ways to Make Exercise a Habit (<https://jamesclear.com/exercise-habit>)
- How to Build Muscle: Strength Lessons from Milo of Croton (<https://jamesclear.com/milo>)
- Measure Backward, Not Forward (<https://jamesclear.com/measure-backward>)
- Strategies I'm Using to Stay Fit While Traveling (<https://jamesclear.com/fit-travel>)
- This is the Greatest Weightlifting Lesson I've Learned (<https://jamesclear.com/slow-gains>)
- If You Sit at a Computer All Day This Mobility Exercise Will Change Your Life in 30 Seconds (<https://jamesclear.com/thoracic-mobility>)
- What I've Learned from 2 Years of Intermittent Fasting (<https://jamesclear.com/good-bad-intermittent-fasting>)
- How to Stay Focused When You Get Bored Working Toward Your Goals (<https://jamesclear.com/stay-focused>)
- 6 Truths About Exercise That Nobody Wants to Believe (<https://jamesclear.com/best-exercises-basics>)
- What is Actually Required for Success? (<https://jamesclear.com/required-for-success>)
- How to Squat More: How I Went From Squatting 175 pounds to 350+ in 16 Weeks (<https://jamesclear.com/how-to-squat-more>)
- Learning From Superhumans: The Incredible Fitness and Success of Jack LaLanne (<https://jamesclear.com/superhumans-jack-lalanne>)
- How to Start Working Out When You Don't Know What You're Doing

(<https://jamesclear.com/start-working-out>)

- Natural Happiness: The Truth About Exercise and Depression (<https://jamesclear.com/exercise-and-depression>)
- Answers to the Most Common Intermittent Fasting Questions (<https://jamesclear.com/reader-mailbag-intermittent-fasting>)
- Why Everyone Should Lift Weights (<https://jamesclear.com/why-lift-weights>)
- 3 Surprising Reasons Why You Need to Rediscover Slow Growth (<https://jamesclear.com/slow-growth>)
- 12 Lessons Learned from 1 Year of Intermittent Fasting (<https://jamesclear.com/intermittent-fasting-lessons-learned>)
- The Beginner's Guide to Intermittent Fasting (<https://jamesclear.com/the-beginners-guide-to-intermittent-fasting>)

Strength Training Research Studies

If you are interested in geeking out on the latest strength training research, then I recommend looking at studies from these top professors:

The History of Strength Training

I'm currently in research mode. I'll be sharing more about how and when strength training evolved in this section.

Best Articles on Related Topics

- Best healthy eating articles (<https://jamesclear.com/eat-healthy>)

• Best sleep articles (<https://jamesclear.com/sleep>)

- [best sleep articles \(https://jamesclear.com/sleep\)](https://jamesclear.com/sleep)

Or, browse my best articles (<https://jamesclear.com/articles>).

“No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable.”

–Socrates



Thanks for reading. You helped save a life.

Whenever you buy one of [my books \(https://jamesclear.com/books\)](https://jamesclear.com/books), join the [Habits Academy \(https://habitsacademy.com\)](https://habitsacademy.com), or otherwise contribute to my work, 5 percent of the profits are donated to the Against Malaria Foundation (AMF).

With each donation, AMF distributes nets to protect children, pregnant mothers, and families from mosquitos carrying malaria. It is one of the most cost-effective ways to extend life and fulfills my bigger mission to spread healthy habits and help others realize their full potential.

17077

MALARIA NETS DISTRIBUTED

30739

PEOPLE PROTECTED

317

YEARS OF ADDITIONAL LIFE

9

LIVES SAVED

BETTER HABITS

[Behavioral Psychology \(https://jamesclear.com/behavioral-psychology\)](https://jamesclear.com/behavioral-psychology)

[Habits \(https://jamesclear.com/habits\)](https://jamesclear.com/habits)

[Motivation \(https://jamesclear.com/motivation\)](https://jamesclear.com/motivation)

[Procrastination \(https://jamesclear.com/procrastination\)](https://jamesclear.com/procrastination)

BETTER PERFORMANCE

[Constant Improvement \(https://jamesclear.com/continuous-improvement\)](https://jamesclear.com/continuous-improvement)

[Deliberate Practice \(https://jamesclear.com/deliberate-practice-theory\)](https://jamesclear.com/deliberate-practice-theory)

[Goal Setting \(https://jamesclear.com/goal-setting\)](https://jamesclear.com/goal-setting)

[Productivity \(https://jamesclear.com/productivity\)](https://jamesclear.com/productivity)

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<https://www.jamesclear.com>

BETTER THINKING

[Creativity \(https://jamesclear.com/creativity\)](https://jamesclear.com/creativity)

[Decision Making \(https://jamesclear.com/decision-making\)](https://jamesclear.com/decision-making)

[Focus \(https://jamesclear.com/focus\)](https://jamesclear.com/focus)

[Mental Toughness \(https://jamesclear.com/grit\)](https://jamesclear.com/grit)

OPTIMAL HEALTH

[Better Sleep \(https://jamesclear.com/sleep\)](https://jamesclear.com/sleep)

[Eating Healthy \(https://jamesclear.com/eat-healthy\)](https://jamesclear.com/eat-healthy)

[Strength Training \(https://jamesclear.com/strength-training\)](https://jamesclear.com/strength-training)

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