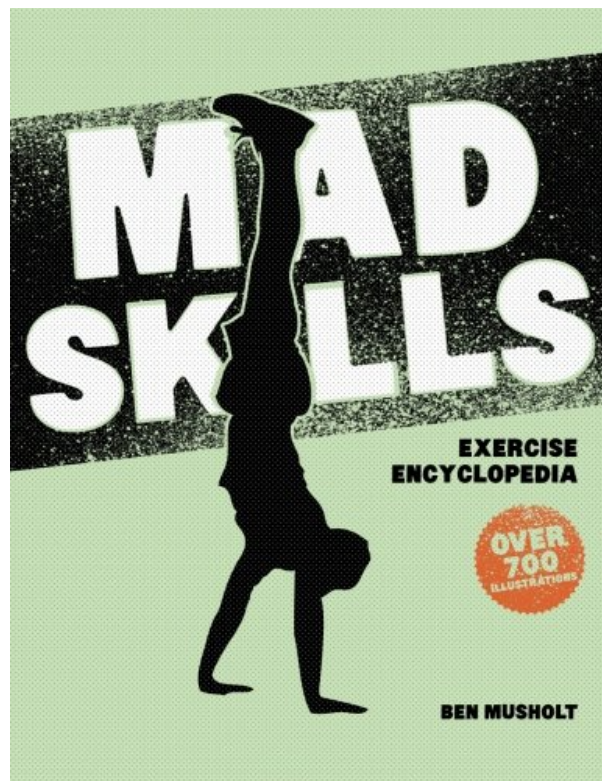
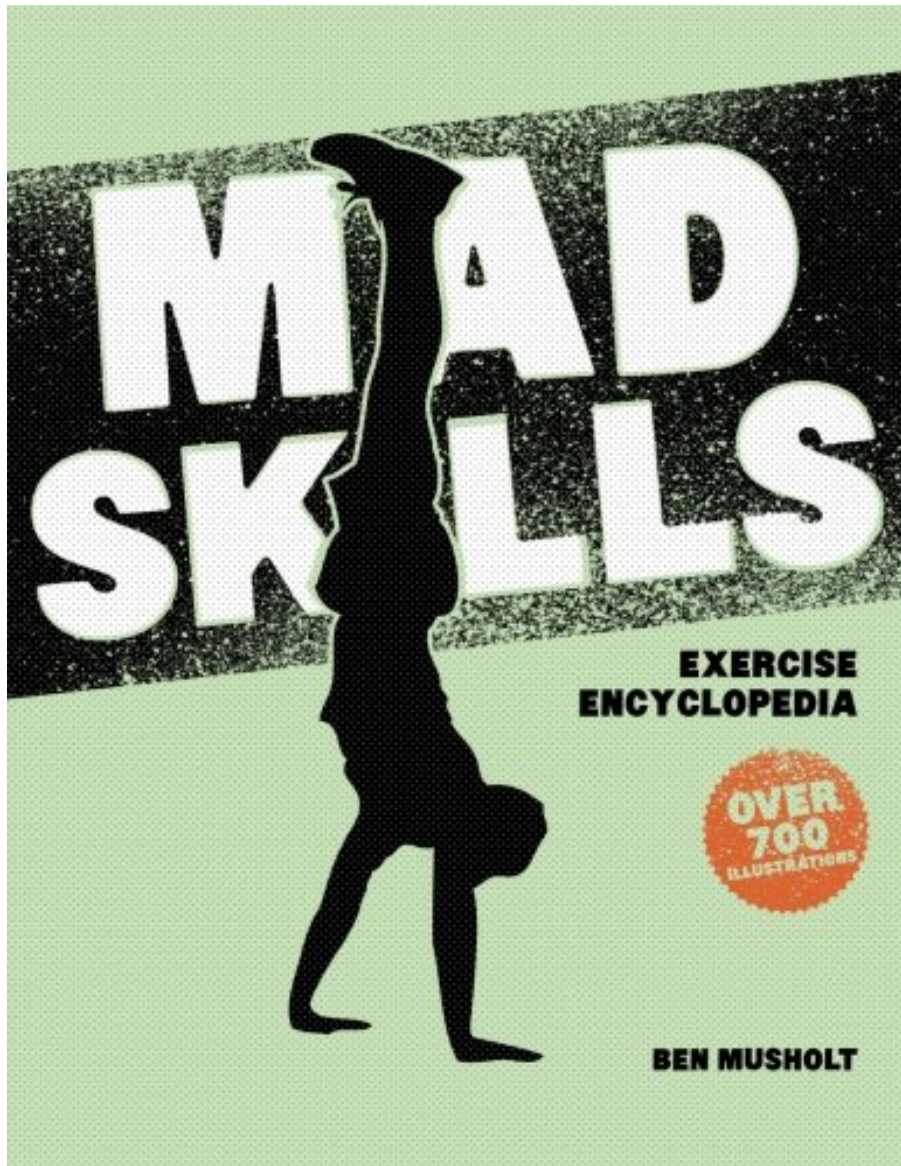


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Review

"Just flipping through Mad Skills is enough to get you excited to train. It's a complete reference honoring the full cross-section of physical culture without favoring any one particular discipline." - GoldMedalBodies.com"Anyone of just about any fitness level could use this book to learn new exercises or to improve moves they already know." - The Oregonian"While the encyclopedia does have a section called "Cooking It Up" that helps functional fitness enthusiasts put together their own workouts, it's also relatively easy to add several movements to your existing workouts" - CoolHunting.com

About the Author

Ben Musholt is a physical therapist and APEX Movement certified Parkour and Freerunning coach in Portland, Oregon. He is a cofounder of the 'Beyond the Clinic' rehabilitation practice, and also runs BPM Rx, Inc. His writing has been featured on the Men's Fitness and Breaking Muscle websites. He also blogs at ParkourConditioning.com and posts workouts to StrengthMob.com. His movement-training background spans from gymnastics, to martial arts, and board sports. His goal is to help fellow athletes have the fitness needed to excel in their favorite sport.

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Mad Skills is the world's largest illustrated exercise encyclopedia and contains over 700 unique exercises to build strength and mobility. It is designed as a reference tool for athletes, trainers, and coaches, to help steer creative movement selection for effective workouts. Categories of exercise movements include: barbell lifts, kettlebell skills, gymnastics conditioning, whole body movements, yoga postures, stretching, partner skills, and more!

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Most helpful customer reviews

21 of 25 people found the following review helpful.

Mile Wide, Inch Deep

By S. Shafley

The author clearly enjoyed creating this book. I wanted to see how the crowdfunding process would work for a book, and I kind of bought it on a whim.

This is not an encyclopedia, this is more like a comic book. There are a lot of tips and tricks to master the

techniques of many of these exercises, and this is simply not very detailed.

While I appreciate the fact this was a labor of love, I find it hard to believe that beginners get much out of it, although it does remind more advanced trainees of exercises they might have forgotten about.

I like this book, but I don't love it, nor could I really recommend it over some of the outstanding instructionals out there. Sorry, Ben. I was hoping for something more in depth with a higher production value.

9 of 10 people found the following review helpful.

Take it to a new level, freshen up your routine

By JP

Mad Skills is the bomb! Here why: 1. I was getting stale in my workout. Mad Skills allowed me to look up some alternative exercises that also introduced new aspects to the body part I was working on. It was actually fun to try to master the new exercises while getting a workout. 2. Mad Skills adds a massive amount of variety and we all know that unless we challenge our bodies differently, we won't progress in our fitness, so I'm working past my leg plateau now (I'm a mtn biker) and adding trunk stability/control in hopes of improving my super slow speed technical bike control. 3. Sometime I travel or when I am away visiting family, I need a way to sneak a workout in utilizing common everyday objects/obstacles. I already planned my workout for my next trip to visit my parents. And the best part of this is that I can completely include my kids in much of this stuff (at least until their interest fades but at least they are getting the message: fitness can be fun to).

So all in all, this movement bible has added variety and challenge back into my kinda stale routine, while actually being more fun to do. And perhaps most surprisingly, I have captured my kid's interest too and that was a bonus.

Well done Mad Skills!

8 of 9 people found the following review helpful.

A great book for reference

By AC

I recently received the digital version of the book as a small backer. I am in Canada and so I was un-able to obtain a hard copy and I'm sad that the book isn't available on Amazon.ca. Aside from that, I can't really think of anything that wasn't done well with this text. It is comprehensive and each page roughly contains 3 exercises with a description and visual. You can tell that a lot of work went into crafting each image. I can't stress enough that this book is a reference and not a guide to learning perfect form on each exercise. The descriptions of each exercise are minimal and are enough to get you started. Further research must be done on your part to learn proper form for complicated compound movements found in this text. I have always focused on compound movements (Squat, Deadlift, Overhead Press, Bench) but I find that I don't vary my assistance exercises. This book has opened my eyes to new variety and will make program creation a breeze. I think this book is also great for the gym rat who knows how to lift but doesn't necessarily know how to stretch or warm-up properly. Overall, this book is a steal and can easily be used if you wish to focus your training on Power, Strength, Bodybuilding, Calisthenics, Flexibility, etc. I really hope Ben decides to create another text sometime in the future.

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