

Link Library

#What is the Starting Strength Method?

* We are most well know for our novice program, the [Novice Linear Progression](<https://www.youtube.com/watch?v=YfOI8BdrntQ>)

* [What is “Starting Strength”?](<https://startingstrength.com/article/what-is-starting-strength>)

#FAQ

* [Rest Between Sets](<https://startingstrength.com/article/rest-between-sets>)

#The Main Lifts and Common Issues

##Squat

* [**Squat Tutorial**](<https://www.youtube.com/watch?v=nhoikoUEI8U>)

* Bar position [With Rip](<https://www.youtube.com/watch?v=g2tyOLvArw0>), and [Phil](<https://www.youtube.com/watch?v=ecwVCo9ViHA>), and [Nick](<https://www.youtube.com/watch?v=6vUf8uH1K00>)

* [Fix your grip with Paul Horn](<https://www.youtube.com/watch?v=X2zDg7RU3TA&t=167s>)

* [Hip Drive with Rip](<https://m.youtube.com/watch?v=dYsktA7iFwY>)

* [Upper Back Position](<https://startingstrength.com/training/the-squat-upper-back-position>)

* [Knee position with Nick](<https://m.youtube.com/watch?v=FNAAuHR8gvc&feature=youtu.be>)

* [Knee slide with Andrew Lewis](<https://m.youtube.com/watch?v=18EGmZCpAKM&feature=share>)

* Tubow [With Rip](https://m.youtube.com/watch?v=-P_w6dpDC2I) and [Phil](https://m.youtube.com/watch?v=_wEF-YDesaw)

* [Tempo Squats](<https://www.youtube.com/watch?v=QU3EGV5vQYA>)

* [Front/high/low bar squat diagram](http://barbellacademy.com/wp-content/uploads/2013/08/squat_bar_placement-1024x664.jpg)

* Diagram Examples of how the ratio of the torso to the femur length effects back angle [Link 1](<https://scarysymptoms.com/wp-content/uploads/2014/09/femur-3.jpg>)

##Press

- * **[**Press Tutorial**]**(<https://www.youtube.com/watch?v=8dacy5hjaE8>)
- * [Bar Path Diagram](<https://aasgaardco.com/wp-content/uploads/2020/06/poster-press.png>)
- * [How to 'Bounce' the bar with Byron Johnston](<https://www.youtube.com/watch?v=hAUeyOTZ53M>)
- * [In depth on the Hips](<https://www.youtube.com/watch?v=X56GJVva1o>)
- * [Hand placement for the Grip](<https://www.youtube.com/watch?v=K9CL3pVNHdU>)
- * [Grip Width](<https://www.youtube.com/watch?v=OrGvOI2APow>)
- * [Layback: Safe and Effective](<https://startingstrength.com/article/layback-efficiency-and-safety>)

##Bench

- * **[**Bench Press Tutorial**]**(<https://www.youtube.com/watch?v=rxD321l2svE>)
- * [When to elevate the feet while benching to handle back pain.](<https://startingstrength.com/article/using-a-foot-platform-to-eliminate-back-pain-in-the-bench-press>)
- * [Grip Width](<https://www.youtube.com/watch?v=y8eSHiwYesM>)
- * [Leg Drive](https://www.youtube.com/watch?v=dG7mLR_EkeY)

##Deadlift

- * **[**Deadlift Tutorial**]**(<https://www.youtube.com/watch?v=p2OPUi4xGrM>)
- * Low Back Position in Deadlift
[Article](<https://startingstrength.com/training/low-back-position-in-the-deadlift>)
- * [Setting the low back](https://m.youtube.com/watch?v=CTBiC_tnjOc)
- * [Low back control with Rip](<https://m.youtube.com/watch?v=aXfOdv-dsJ0>)
- * [Various Cues for setting the back](<https://m.youtube.com/watch?v=oHSSeHucCHY>)
- * [Fixing the hard cases](<https://m.youtube.com/watch?v=bE4pR3KGhIU>)
- * [What to do when you hurt your back.](<https://m.youtube.com/watch?v=riq-DfDDimc>)
- * [How to Hook Grip](<https://m.youtube.com/watch?v=xVJ0ujTiHRE>)
- * [Hook Grip for Small Hands](<https://m.youtube.com/watch?v=cKQXkZbPzdQ>)

##Power Movements

- * **Power Clean Tutorial Series**](https://www.youtube.com/watch?v=37-wjE_c4NU)
- * **Power Snatch** [With Rip](https://www.youtube.com/watch?v=uyY_ySdN6OU) and [With Josh](<https://www.youtube.com/watch?v=tPVKPw17QMU>)
- * **The Jerk**](<https://www.youtube.com/watch?v=0ieS7C6Rdyk>)
- * [Three Landing Positions for the Snatch](<https://www.youtube.com/watch?v=s6jkFuF3or4>)
- * [Learning the full Snatch](<https://www.youtube.com/watch?v=2Hg4ztc7s8s>)
- * [Split Snatch](<https://www.youtube.com/watch?v=vapEied94fU>)
- * Eliminating Arm Pull [With Phil](<https://www.youtube.com/watch?v=z9-ldLkeD5w>), and [With Rip](<https://www.youtube.com/watch?v=m1wE8S7lj9M>), and [In depth with Rip](https://www.youtube.com/watch?v=XRY_BSttUto)
- * Getting a better front rack position with Phil
[1](<https://www.youtube.com/watch?v=vKmwKMKNXMw>), and
[2](<https://www.youtube.com/watch?v=vtS6LOKcmrE>)
- * Are power movements appropriate for old people too? [Dr. Sullivan says, "Maybe."](<https://www.youtube.com/watch?v=kYACi5CZD7k>)

#Assistance Exercises

- * [Assistance Exercise Playlist](https://www.youtube.com/watch?v=-0t_hCzUgvM&list=PLNhFKPjedRnQSj-E0n4zhEvdxECh64q1)
- * [Yeah, you can do some curls.](<https://youtu.be/9fGeNKGf6xI?t=448>)

#Nutrition

- * [A Clarification](https://startingstrength.com/article/a_clarification), Rip 2010
- * [Why You Should Probably Be Bulking| Weights and Plates #57](<https://open.spotify.com/episode/0jEzbhXJQAHNdQP6wserjl?si=ANk9R2NoReyAGLBOOYzhcg>)
- * [Losing Bodyfat or Gaining Muscle Mass: Which is More Important?](<https://startingstrength.com/article/losing-bodyfat-or-gaining-muscle-mass-which-is-more-important>), Rip, 2017
- * [Training the Emergency Weight Loss Trainee](<https://startingstrength.com/article/training-the-emergency-weight-loss-trainee>), Andy Baker, 2018

- * [Body Composition for Barbell Training](<https://startingstrength.com/article/body-composition-for-barbell-training>), Santana, MS, RD, SSC, 2018
- * [Protein and Barbell Training](<https://startingstrength.com/article/protein-and-barbell-training>), Santana, MS, RD, SSC, 2019
- * [Everyone Should Drink a Gallon of Milk a Day](<https://www.youtube.com/watch?v=2eVc7ZecaAM&t=46s>), Rip, 2019
- * [Getting Vertical with Stan Efferding](<https://startingstrength.com/video/getting-vertical-with-stan-efferding-starting-strength-radio-21>) | Starting Strength Radio #21, 2019
- * [Losing Fat, Getting Stronger, and Gaining Lean Mass](https://www.youtube.com/watch?v=qD_6ZB8lpDc), Brent Carter, 2020
- * [GOMAD - When and Why](<https://www.youtube.com/watch?v=CK08Qo30Lcw>), Robert Santana, 2021
- * [Starting Strength Gyms Podcast #12](<https://startingstrength.com/video/nutrition-body-composition-sleep-and-overall-health-starting-strength-gyms-podcast-12>), Stan Efferding on Nutrition, 2022

#Programming

- * [Training vs Exercise](https://startingstrength.com/article/training_vs_exercise)
- * [The Two Factor Model of Sports performance](<https://startingstrength.com/article/the-two-factor-model-of-sports-performance>)

###Novice: About the NLP

- * [Novice Program Article](<https://startingstrength.com/get-started/programs>)
- * What is the Novice Linear Progression? [Summary](<https://www.youtube.com/watch?app=desktop&v=YfOI8BdrntQ>) and [In Depth](<https://www.youtube.com/watch?v=i61HeYNXi9o&t=2s>)
- * [The First Three Questions](https://startingstrength.com/article/the_first_three_questions) to ask when your program stops working.
- * The Novice Effect [Article](https://startingstrength.com/article/the_novice_effect), [Audio](<https://www.youtube.com/watch?v=gBC2T40v8-8>)

* Who Wants to be a Novice? You do.

[Article](https://startingstrength.com/article/who_wants_to_be_a_novice_you_do),

[Audio](https://www.youtube.com/watch?v=jkR6wK2_eEo)

* [Are curls part of the program?](<https://www.youtube.com/watch?v=9fGeNKGf6xl>)

#General Information

[The Valsalva & Stroke by Jonathon Sullivan MD, PhD,

SSC](https://startingstrength.com/article/the_Valsalva_and_stroke)

[The Valsalva Maneuver by stef bradford, PhD,

SSC](https://startingstrength.com/video/the_Valsalva_maneuver)

###Intermediate

* [Choosing between Texas Method and HLM, Nick

Delgadillo](<https://startingstrength.com/training/which-program-is-better-texas-method-or-hlm>)

* [Making the Texas Method Work for You, Paul

Horn](https://www.youtube.com/watch?v=7QyYU56cj_A)

* [HLM Programming, Andy Baker](<https://www.youtube.com/watch?v=fv5cSqE0FOc>)

* [Strength Training While Cutting, Andy

Baker](<https://www.youtube.com/watch?v=yqXLjkfKA2k>)

* [Assistance Exercise Tutorial

Playlist](https://www.youtube.com/watch?v=-0t_hCzUgvM&list=PLNhFKPjedRnQSj-E0n4zhEvdxECh64g1)

#Injuries

* [Nick Delgadillo on "Rehab" and Strength

Training](<https://www.youtube.com/watch?v=5JtwSJOHbvs>)

* [A Clarification on Training Through

Injuries](<https://startingstrength.com/training/a-clarification-on-training-through-injuries>) (Article)

* [Shortfalls in the Traditional Physical Therapy

Approach](<https://startingstrength.com/video/shortfalls-in-the-traditional-physical-therapy-approach>) (video)

* [Pin Firing Protocol for achy elbows](<https://www.youtube.com/watch?v=w2MA5cRxyG0>)

* [Shoulder Surgery Rehab Case Study](<https://www.youtube.com/watch?v=xFt0IECBwdo>)

#Supplemental Reading

****Health****

- * The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It, Malcolm Kendrick
- * Doctoring Data: How to sort out medical advice from medical nonsense, Malcolm Kendrick
- * Why We Get Sick: The New Science of Darwinian Medicine, Randolph M. Nesse
- * Catastrophic Care: How American Health Care Killed My Father and How We Can Fix It, David Goldhill
- * Turtles All The Way Down: Vaccine Science and Myth, Authors Anonymous

****Coaching and Sports****

- * The Inner Game of Tennis, W Timothy Gallwey
- * The Science of Running, Steve Magness

****Non-Fiction Essentials****

- * Knowledge and Decisions, Thomas Sowell
- * A Plague Upon our House, Scott W. Atlas MD
- * Weapons of Mass Instruction: A Schoolteacher's Journey Through the Dark World of Compulsory Schooling, John Taylor Gatto
- * Evolutionary Ecology, Eric R Pianka

- Avery Martz

Fitness Links

[How to film your lifts](<https://m.youtube.com/watch?v=QijKDY8IFU4>)

[Squat Tutorial](<https://m.youtube.com/watch?v=nhoikoUEI8U>)

[Bench Tutorial](<https://m.youtube.com/watch?v=rxD321I2svE>)

[Press Tutorial](<https://m.youtube.com/watch?v=8dacy5hjaE8>)

[Deadlift Tutorial](<https://m.youtube.com/watch?v=p2OPUi4xGrM>)

[Powerclean Video Series](<https://m.youtube.com/playlist?list=PLNhFKPjedRnSuMhR1STqBdGWjg7JTPhjF>)

[Lift Tutorial Playlist](https://youtube.com/playlist?list=PLNhFKPjedRnQ_qs4lD5gl3OoSxZFFZEhJ&si=wsO8wW2ZLmXsGjEX)

[How to: Breathing and Bracing with Grant Broggi](<https://m.youtube.com/watch?v=G59AKN74OsA&pp=ygUaU3RhcnRpbmcgc3RyZW5ndGggdmFsc2FsdmE%3D>)

*Squat resources

[Bend Over When you Squat](<https://m.youtube.com/watch?v=FG0JInfBOWI>)

[Hip Drive with Rip](<https://m.youtube.com/watch?v=dYsktA7iFwY>)

[Can You Squat too Deep?](<https://startingstrength.com/training/can-you-squat-too-deep>)

[Correct Back Angle](<https://www.youtube.com/watch?v=qvEn6ZbfqT8>)

[Bar Position with Nick](<https://m.youtube.com/watch?v=6vUf8uH1K00>)

[Squat Grip Correction](https://startingstrength.com/training/squat_grip_correction)

[Floating fingers in the squat grip](<https://www.youtube.com/watch?v=nmwktNkBBog>)

[Fixing Your Wrist Position in the Squat with Andrew Lewis](<https://youtu.be/oR3STiUnZbc>)

[Elbow Pain and the Squat Grip](<https://www.youtube.com/watch?v=DtUgvTTzCnY>)

[Understand the Master Cue](<https://startingstrength.com/article/understanding-the-master-cue>)

[Front/High/Low Bar Squat Diagram](<https://i.imgur.com/cl1tgnZ.jpeg>)

[Torso to femur length demonstration](<https://m.youtube.com/watch?v=Av3LO2GwpAk>)

Torso to femur length

<https://scarysymptoms.com/wp-content/uploads/2014/09/femur-3.jpg>

Torso to femur ratio

<https://pics.onsizzle.com/femur-length-torso-lean-in-the-squat-long-short-25724809.png>

Squat form hip rise

<https://i0.wp.com/barbellpursuits.com/wp-content/uploads/2017/03/Hips-shooting-back-in-the-squat.jpg?resize=555%2C335>

[The Squat - Upper Back Position](<https://startingstrength.com/training/the-squat-upper-back-position>)

Chest up in squat article

<https://startingstrength.com/training/identifying-and-correcting-thoracic-spinal-flexion-in-the-squat>

Chest up in squat pics

<https://seannal.com/wp-content/uploads/2017/09/squat-lower-back.jpg>

https://startingstrength.com/contentimg/20170316_600_1.jpg

[Knee position with Nick](<https://m.youtube.com/watch?v=FNAAuHR8gvc&feature=youtu.be>)

[Knee slide with Andrew Lewis](<https://m.youtube.com/watch?v=18EGmZCpAKM&feature=share>)

[Knee position diagram](<https://m.youtube.com/watch?v=P5yFDT1wtOg&feature=youtu.be>)

TUBOW

[Tubow with Rip](https://m.youtube.com/watch?v=-P_w6dpDC2I)

[Tubow with Phil](https://m.youtube.com/watch?v=_wEF-YDesaw)

Unlisted

<https://m.youtube.com/watch?v=IPg5SyAt9F8>

*Press and bench

[Byron Johnston teaches how to "bounce" the bar in the press](<https://www.youtube.com/watch?v=hAUeyOTZ53M>)

Bulldog grip

<https://i.pinimg.com/736x/b6/9e/b5/b69eb5efb1be4790c711e0d86bdcfefe.jpg>

[Elevate the feet while benching](<https://startingstrength.com/article/using-a-foot-platform-to-eliminate-back-pain-in-the-bench-press>)

Press diagram

<https://aasgaardco.com/wp-content/uploads/2020/06/poster-press.png>

*Deadlift

[Deadlift Mechanics: The Obvious Can Be Obscure](<https://startingstrength.com/article/deadlift-mechanics-the-obvious-can-be-obscure>)

[A Quick Tip for using Straps on Your Pulls with Brent Carter]
(<https://youtu.be/uyLPSukgOu8>)

High hips in deadlift

(<https://i1.wp.com/bonvecstrength.com/wp-content/uploads/2014/03/squat-deadlift.jpg>)

[The Belt and the Deadlift](https://startingstrength.com/article/the_belt_and_the_deadlift)

[What to do when you hurt your back.](<https://m.youtube.com/watch?v=riq-DfDDimc>)

[Low Back Position in Deadlift](<https://startingstrength.com/training/low-back-position-in-the-deadlift>) (Article)

[Setting the low back](https://m.youtube.com/watch?v=CTBiC_tnjOc)

[Low back control with Rip](<https://m.youtube.com/watch?v=aXfOdvd-sJ0>)

[Various Cues for setting the back](<https://m.youtube.com/watch?v=oHSSeHucCHY>)

[Fixing the hard cases](<https://m.youtube.com/watch?v=bE4pR3KGhIU>)

[Sumo Deadlift Tutorial](<https://www.youtube.com/watch?v=t3lg1Y5COFU>)

[Rack Pull Tutorial](https://www.youtube.com/watch?v=cxVrqTqD_J4)

[When to Rack Pull](<https://www.youtube.com/watch?v=US6WdAHXng>)

*Power Clean and Snatch

[The Iron Plate Problem with Mark Rippetoe](https://youtu.be/_drttm5r66A)

[Weird-ass power clean work-around](<https://youtube.com/shorts/zv0fsaRFax4?feature=shared>)

[Classic Rip on the power snatch](<https://m.youtube.com/watch?v=Aq8Tp5r-DZo>)

[Modern Rip on the power snatch](https://m.youtube.com/watch?v=uyY_ySdN6OU)

[Phil Meggers on the front rack](<https://m.youtube.com/watch?v=vKmwKMKNXMw>)

[Phil again with some remedial work](<https://m.youtube.com/watch?v=vtS6LOKCMrE>)

[Jumping Position - Snatch vs Clean](<https://youtu.be/NDQsj0a2iEs>)

REHAB

PROGRAMMING

[The Four Criteria](<https://startingstrength.com/article/the-four-criteria>)

[Bodyparts vs. Movement Patterns
by Mark Rippetoe](<https://startingstrength.com/article/bodyparts-vs-movement-patterns>)

[Diagnosing Silly Bullshit by Dr Austin
Baraki](https://startingstrength.com/article/diagnosing_silly_bullshit)

[Intermediate and Advanced Training: A Few
Ideas](<https://startingstrength.com/article/intermediate-and-advanced-training-a-few-ideas>)

[Making the texas method work for you: Paul
Horn](https://m.youtube.com/watch?v=7QyYU56cj_A)

[The Two Factor Model of Sports
Performance](<https://startingstrength.com/article/the-two-factor-model-of-sports-performance>)

[The Minimum Effective Dose of
Training](<https://startingstrength.com/article/the-minimum-effective-dose-of-training>)

[Barbell Training is Big
Medicine](https://startingstrength.com/article/barbell_training_is_big_medicine)

OTHERSTUFF

[Starting Strength
Testimonials](<https://m.youtube.com/playlist?list=PLNhFKPjedRnQDJKOSzG-ASAh9qYH6Qkjin>)

[The Nature of Coaching
Cues](<https://startingstrength.com/article/the-nature-of-coaching-cues>)(Article)

Neurological adaptation may not occur like we thought. Stronger by Science
<https://www.strongerbyscience.com/research-spotlight-muscularity/>

Will Morris on labral tears.
<https://startingstrength.com/resources/forum/mark-rippetoe-q-and-a/80131-labral-tear-decision-ti-me.html>

Gigacalculator for weight loss
<https://www.gigacalculator.com/calculators/weight-loss-calorie-calculator.php>

Maximum muscular potential calculator

<https://dioxyme.com/pages/maximum-muscular-potential-calculator>

Running website <https://www.mcmillanrunning.com/middle-distance-training-guide/>

[Auf Wiedersehen](<https://m.youtube.com/watch?v=4qFVvngliL8>)

ACFT standards

Deadlift 340

Throw 12.5

Hand release pushup 60

Sprint drag carry 1:33

Legs to knee 20

2 mile run 13:30

<https://usapl.liftingdatabase.com/lifters-view?id=28111>

S 463 B 330 D 501

Exceptional level @220

S 430x5, 500x1

D 495x5, 575x1

O 210x5, 245x1

B 320x5, 375x1

Ch +90x5, +145x1

1400 total

S 450x5

B 250x5

D 500x5

"Extremely strong"

BW:198 S;430, B;285, D;460 T;1275

BW:220 S;460, B;310, D;480 T;1350

~1300-1400 total from 205-231

<https://symmetricstrength.com/standards#/>

- Avery Martz