

**MATTHEW M. BRZYCKI**

**LIST OF PUBLICATIONS**

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**Books Authored (8):**

*A Practical Approach to Strength and Conditioning. 5th ed.* Terre Haute, IN: Wish Publishing, 2018.

*Wrestling Strength: Accept the Challenge.* Indianapolis, IN: Blue River Press, 2007.

*The Essential Guide to At-Home Training.* Indianapolis, IN: Blue River Press, 2005.

*Wrestling Strength: Dare to Excel.* Indianapolis, IN: Blue River Press, 2004.

*Wrestling Strength: Prepare to Win.* Indianapolis, IN: Blue River Press, 2002.

*Wrestling Strength: The Competitive Edge.* Indianapolis, IN: Blue River Press, 2002.

*Cross Training for Fitness.* New York, NY: McGraw-Hill/Contemporary, 1997.

*Youth Strength and Conditioning.* New York, NY: McGraw-Hill/Contemporary, 1995.

**Books Co-Authored (7):**

*Youth Fitness: An Action Plan for Shaping America's Kids.* Indianapolis, IN: Blue River Press, 2008.

*Dumbbell Training for Strength and Fitness.* Indianapolis, IN: Blue River Press, 2006.

*The Female Athlete: Reach for Victory.* Terre Haute, IN: Wish Publishing, 2005.

*The Female Athlete: Train for Success.* Terre Haute, IN: Wish Publishing, 2004.

*Conditioning for Baseball.* Indianapolis, IN: Blue River Press, 2004.

*SWAT Fitness.* Gaithersburg, MD: Operational Tactics, Inc., 2003.

*Conditioning for Basketball.* New York, NY: McGraw-Hill/Contemporary, 1993.

**Books Edited (2):**

*Get Fit New Jersey!* Trenton, NJ: New Jersey Department of Health and Senior Services, 2006.

*Maximize Your Training: Insights from Leading Strength and Fitness Professionals.* New York, NY: McGraw-Hill/Contemporary, 1999.

**Chapters Authored (6):**

"Strength Training." In *Get Fit New Jersey!*, ed. M. Brzycki, 33-45. Trenton, NJ: New Jersey Department of Health and Senior Services, 2006.

"Strength & Conditioning." In *Five-Star Girls' Basketball Drills, 2nd ed.*, ed. S. V. Gaitley, L. Klein and M. Masiero, 2-12. Terre Haute, IN: Wish Publishing, 2003.

"Myths and Realities in Strength and Fitness." In *Synergy*, ed. B. Johnston, 149-152. Sudbury, Ontario (Canada): BODYworx Publishing, 2003.

"Flaws in Research Design and Interpretation." In *Fitness Fraud: Exposing the Exercise and Nutrition Industries*, ed. B. Johnston, 57-75. North Bay, Ontario (Canada): BODYworx Publishing, 2000.

"Metabolic Conditioning." In *Maximize Your Training: Insights from Leading Strength and Fitness Professionals*, ed. M. Brzycki, 271-282. New York, NY: McGraw-Hill/Contemporary, 1999.

"Ten Principles for Efficient Strength Training." In *Changes, Challenges and Choices*, ed. H. Varner, P. R. Besner, S. Derengoski, M. Gartenberg and L. Hisaka, 29-38. Corvallis, OR: National Intramural and Recreational Sports Association, 1997.

#### **Magazine Articles/Columns Authored (516):**

- "AF Q&A." *American Fitness* 35, no. 4 (Fall 2017): 70.
- "AF Q&A." *American Fitness* 35, no. 3 (Summer 2017): 70.
- "AF Q&A." *American Fitness* 35, no. 2 (Spring 2017): 70.
- "AF Q&A." *American Fitness* 35, no. 1 (Winter 2017): 70.
- "Youth Concussions: A Primer for Fitness Professionals." *American Fitness* 34, no. 4 (Fall 2016): 56-58.
- "AF Q&A." *American Fitness* 34, no. 4 (Fall 2016): 19.
- "AF Q&A." *American Fitness* 34, no. 3 (Summer 2016): 19.
- "AF Q&A." *American Fitness* 34, no. 2 (Spring 2016): 19.
- "AF Q&A." *American Fitness* 34, no. 1 (Winter 2016): 55.
- "A Critique of CrossFit: Part 2." *Wrestling USA* 51, no. 5 (December 15, 2015): 20-23.
- "A Critique of CrossFit: Part 1." *Wrestling USA* 51, no. 4 (November 15, 2015): 24, 26-27.
- "AF Q&A." *American Fitness* 33, no. 6 (November/December 2015): 41.
- "CrossFit in the Courts." *Master Trainer* 25, no. 5 (October 2015): 10-13.
- "Pull-Ups: The Case Against Kipping." *Wrestling USA* 51, no. 1 (September 15, 2015): 33-34, 36-37.
- "AF Q&A." *American Fitness* 33, no. 5 (September/October 2015): 21.
- "AF Q&A." *American Fitness* 33, no. 4 (July/August 2015): 15.
- "AF Q&A." *American Fitness* 33, no. 3 (May/June 2015): 19.
- "Should you Train to Muscular Fatigue?" *Wrestling USA* 50, no. 9 (April 15, 2015): 6-9.
- "AF Q&A." *American Fitness* 33, no. 2 (March/April 2015): 15.
- "Programs: From Protocols to Pyramids." *Wrestling USA* 50, no. 8 (March 15, 2015): 10-11.
- "The Three Rs of Nutritional Recovery." *Wrestling USA* 50, no. 5 (January 15, 2015): 26-27.
- "AF Q&A." *American Fitness* 33, no. 1 (January/February 2015): 18.

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"Exercise Responsibly." *The New Jersey Police Chief* 20, no. 6 (June 2014): 16.

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"Is the 5-3-1 Program Effective?" *The New Jersey Police Chief* 20, no. 5 (May 2014): 10.

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"Sensible Diet Advice . . . from a Century Ago." *The New Jersey Police Chief* 20, no. 2 (February 2014): 16.

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"Should You Limit Your Intake of Water When Exercising?" *The New Jersey Police Chief* 20, no. 1 (January 2014): 12.

"To Stretch or Not to Stretch." *The New Jersey Police Chief* 19, no. 9 (December 2013): 15.

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- "You Snooze, You Lose." *The New Jersey Police Chief* 18, no. 4 (April 2012): 7.
- "The Psychology of Eating: Lessons Learned." *Wrestling USA* 47, no. 8 (March 1, 2012): 6-8.
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"AF Q&A." *American Fitness* 28, no. 4 (July/August 2010): 15.

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"How Safe Are the Olympic Lifts? The Olympic-Style Lifts and Injury Rates." *Master Trainer* 20, no. 2 (April 2010): 9-12.

"Weight Gain with Aging." *New Jersey COPS* 14, no. 4 (April 2010): 28.

"Stability Balls: Getting to the Core." *Wrestling USA* 45, no. 8 (March 1, 2010): 10-13.

"AF Q&A." *American Fitness* 28, no. 2 (March/April 2010): 15.

"Watch for Hypertension." *New Jersey COPS* 14, no. 3 (March 2010): 32.

"Nutrition: Are You Smarter than a 5th Grader?" *Wrestling USA* 45, no. 7 (February 15, 2010): 30-31.

"Don't Overlook Recovery." *New Jersey COPS* 14, no. 2 (February 2010): 32.

"Caveat Emptor: Fast-Food Restaurants." *Wrestling USA* 45, no. 6 (January 15, 2010): 30-35.

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"Healthy Hints for Holidays." *New Jersey COPS* 12, no. 11 (November 2008): 28.

"Fitness Q&A." *Fitness Management* 24, no. 11 (November 2008): 20.

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