

MATTHEW M. BRZYCKI

PUBLICATIONS

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.

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"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.

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"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.

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"Programs: From Protocols to Pyramids." *Wrestling USA* 50, no. 8 (March 15, 2015): 10-11.

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"Protocols, Progressions and Pyramids." *The New Jersey Police Chief* 20, no. 11 (December 2014): 10-11.

"A Guide to Understanding and Evaluating Research – Part II." *American Fitness* 32, no. 6 (November/December 2014): 46-51.

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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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"The EAT Survey: Lessons Learned from Unhealthy Behaviors." *Wrestling USA* 49, no. 2 (October 15, 2013): 25-26, 28.

"Are Organic Foods Better Than Conventional Foods?" *The New Jersey Police Chief* 19, no. 7 (October 2013): 7.

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- "The Psychology of Eating: Lessons Learned." *Wrestling USA* 47, no. 8 (March 1, 2012): 6-8.
- "AF Q&A." *American Fitness* 30, no. 2 (March/April 2012): 15.
- "Got [Chocolate] Milk?" *The New Jersey Police Chief* 18, no. 3 (March 2012): 9.
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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.

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"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.

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

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"8 Ways to Improve Your Strength Program." *Texas Coach* 54, no. 3 (October 2009): 22-24.

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