It is remarkable that training regimes can be so selective. Strength training can increase the number of myofibrils and the muscle mass; speed training the amount of glycolytic enzymes; endurance training the oxidative capacity, the number of mitochondria, the amount of glycogen in the muscle, and the effectiveness of the cardiovascular system. Behind all there are improvements in neuromuscular coordination which reduce wasted work.

A virtue of the book is that it makes readily available much work on exercise physiology that was published only in German and has thus been neglected by many American and British scientists; a drawback is that in many areas it is three or four years out of date. Despite this it should be on the bookshelves of all who care about how muscles work.

R. E. DAVIES

Department of Animal Biology and Graduate Group on Molecular Biology, School of Veterinary Medicine, University of Pennsylvania, Philadelphia

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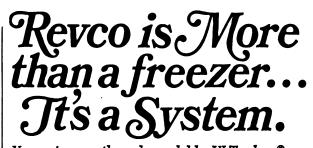
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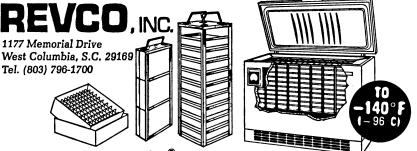
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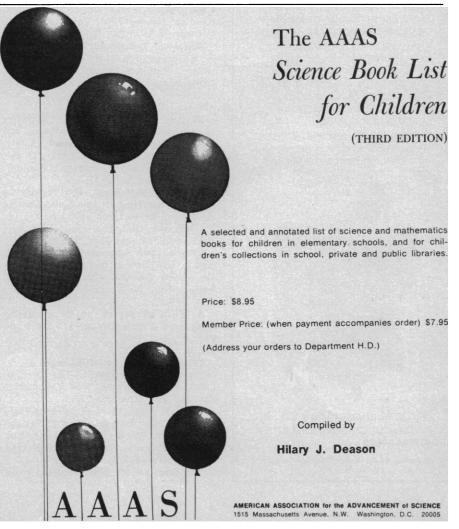
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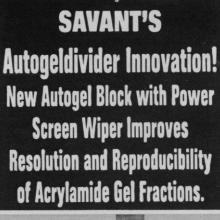
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