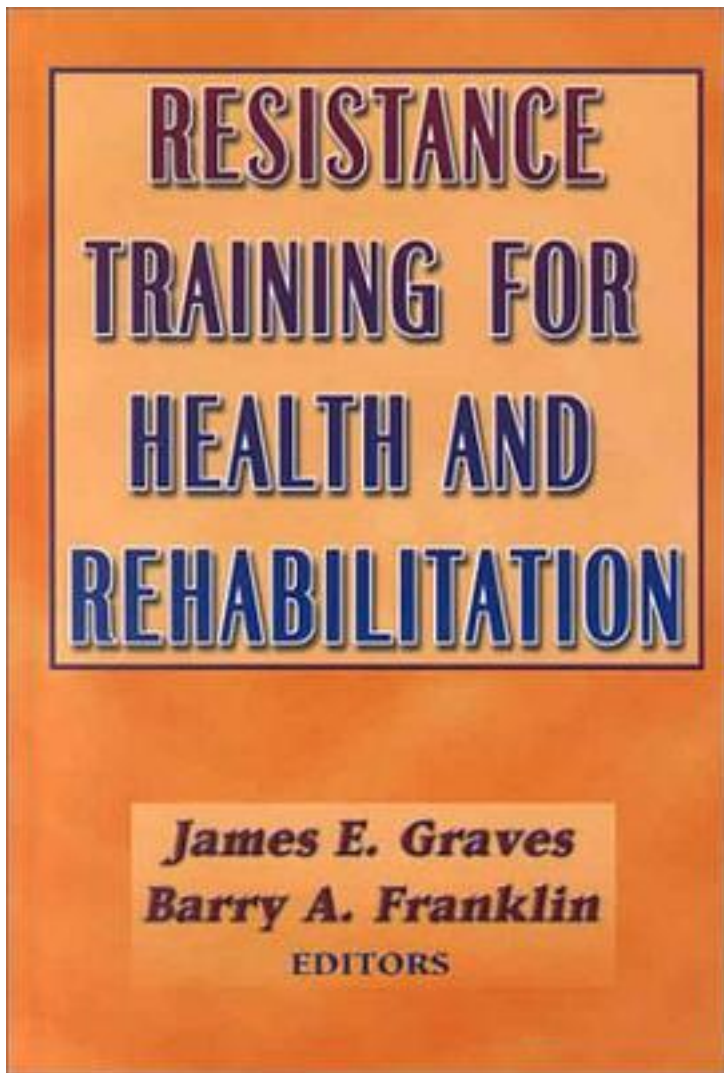


# Resistance Training for Health and Rehabilitation



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著者:Graves, James E., Ph.D. (EDT)/ Franklin, Barry A. (EDT)

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This text addresses the expanding role of resistance training for health, disease prevention and rehabilitation. It presents a rationale for including resistance training as a health benefit, pointing out positive changes in cardiovascular function, metabolism, coronary risk factors and psychosocial well-being for individuals with and without disease.

作者介绍:

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