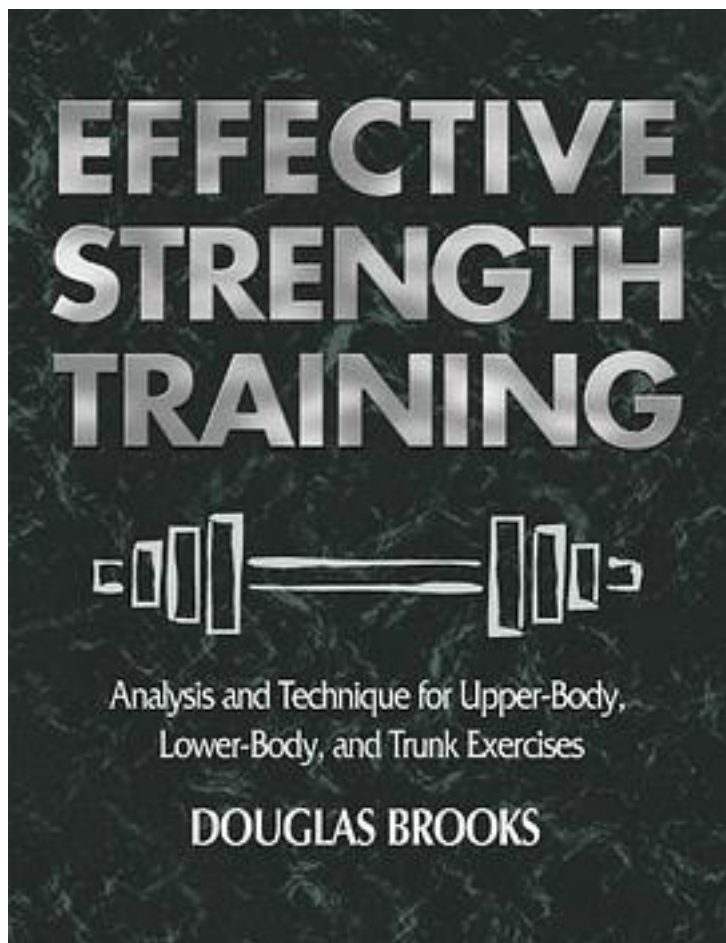


Effective Strength Training



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With expert analysis of techniques for more than 100 resistance training exercises, this guide ensures these exercises are performed correctly and with minimal risk. Drawing on the latest scientific principles and theories related to resistance training, it provides

the "how" and the "why" behind the proper performance of popular upper-body, lower-body and trunk exercises. By understanding the purpose and correct form for each exercise, you can gain the full benefit each exercise provides and avoid injury. #FEThe book addresses high-risk situations where exercises fall short of safe biomechanical standards, challenges training goals and offers solutions and corrective modifications. It also presents information related to resistance training programme design. It defines and discusses topics such as training systems, periodization principles and also simplifies the design and teaching of programmes to meet the best interests of trainers, clients and students.

作者介绍:

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