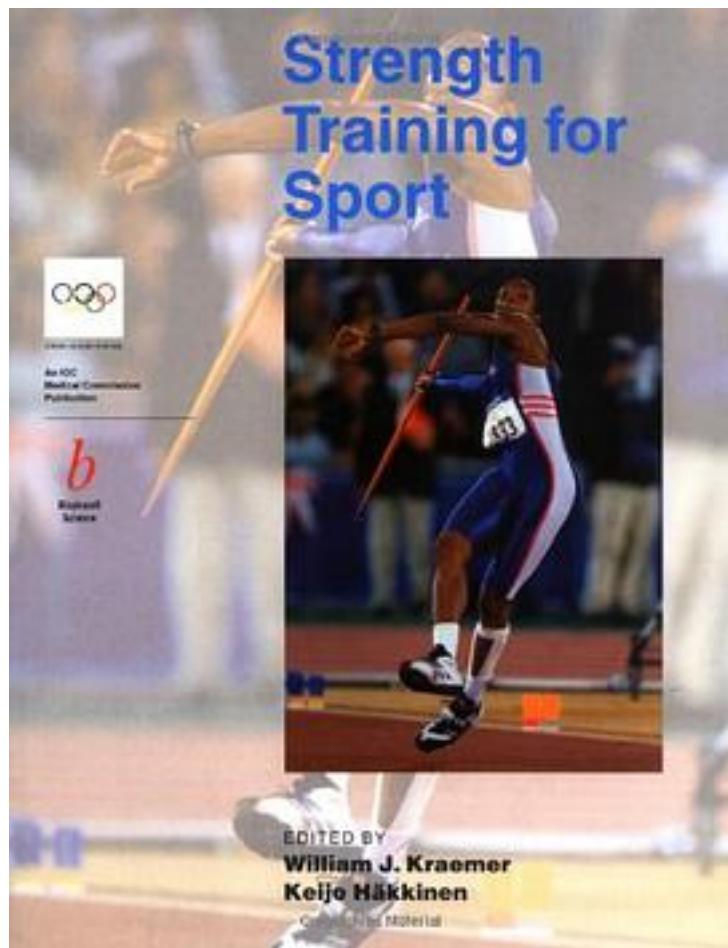


# Handbook of Strength Training for Sports



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A high-quality complement to the handbooks on particular sports, the handbook on Strength Training for Sport presents both the basic concepts and theoretical background for sports-specific strength training as well as the practical consideration

in designing the overall program. Separate chapters deal with periodization, gender differences, detraining, and over training. Sample programs are presented for soccer, volleyball, wrestling, endurance running, swimming, and shot put and discus.

作者介绍:

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