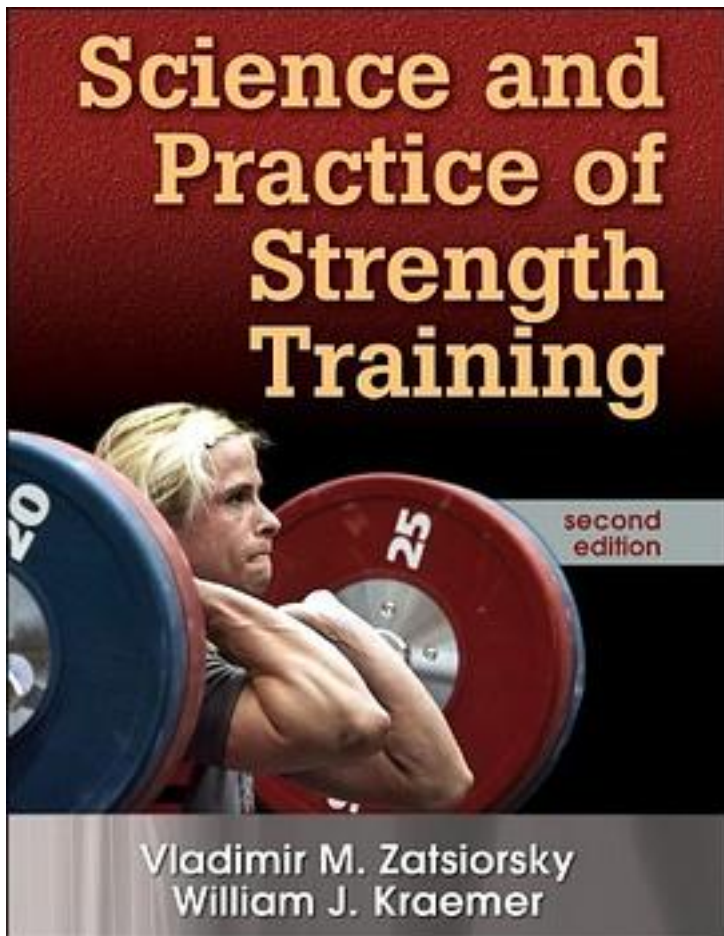


Science and Practice of Strength Training



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著者:Zatsiorsky, Vladimir M./ Kraemer, William J.

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This book is for those readers interested in muscular strength and ways to enhance its development. It is developed from the vast experience of both authors, who bring to the text documented experiences of more than 1,000 elite athletes, including from

Olympic, world, continental and US national record holders. Written for the practitioner, it provides a straightforward examination of the fundamental concepts and principles readers need to understand in order to make decisions on what might be appropriate in the programme design for their athletes. The integration of coaching theory and scientific underpinnings in this new edition continues to promote a more sophisticated approach to strength training.

作者介绍:

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