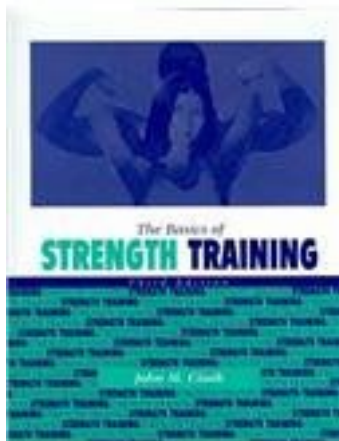


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著者:Cissik, John M.

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Third edition has been revised to include the most up-to-date research on the science behind strength training as well as the effectiveness and safety of the various exercises. includes greatly expanded sections on periodization and long-term program design. Different periodization models are discussed and examples are provided for setting up periodized programs. Exercise chapters are expanded to include the latest research on the effectiveness and safety of the exercises. Included for the first time in this addition are stability ball exercises and stabilization exercises for core training.

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