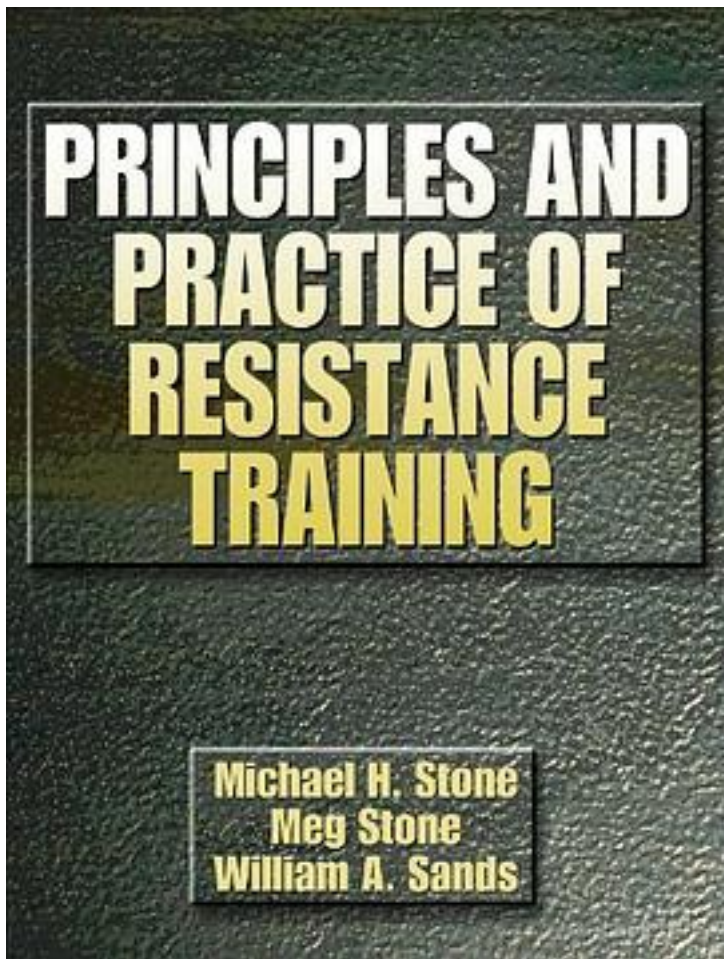


Principles and Practice of Resistance Training



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This is a reference for strength and conditioning specialists, health and fitness professionals, personal trainers and exercise scientists. This research-based book details the physiological and biomechanical aspects of designing resistance training

programmes for improved power, strength and performance in athletes. It is based on the authors' experiences as teachers, coaches and researchers. It provides readers with a scientific basis for resistance training, plus how to test, monitor and evaluate adaptations for varied training programmes. With a strong scientific foundation and the tools to put theory into practice, readers will learn the skills to develop effective training programmes for clients and athletes at all levels.

作者介绍:

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