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Afaa Telexercise Resistance Training Manual

Gary Arthur



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biological factors associated with this type of training The evidence based and detailed description of each single mechanism to be trained to enhance performance is covered in depth Thanks to its strong academic background and being self contained this book offers a valuable reference guide for advanced undergraduate and graduate students in sports science as well as an inspiring guide for sport and health researchers and professional trainers alike *Resistance Training Instruction* Everett Aaberg, 2007 Aimed at personal trainers and other fitness professionals this work includes methods used by the renowned Cooper Institute to certify personal trainers It is written to help readers learn the safest effective way to perform resistance training exercises with 65 exercises that target every major muscle group *A Practical Guide to Developing Resistance-training Programs* Jay Hoffman, Nicholas A. Ratamess, 2008 Designed to help strength conditioning and fitness professionals develop specific resistance training programs to enhance health and or athletic performance Covers basic muscle physiology resistance training principles and concepts responses and adaptations to resistance training types of resistance training program design periodization strength testing and evaluation resistance training facility design exercises and programs

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