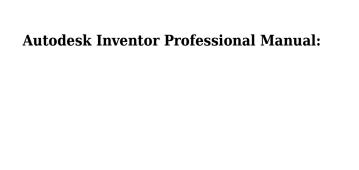
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web principles and training methods the basic principles of strength training involve repeated overloading of a group of muscles typically by contracting the muscles under heavy resistance and returning to the start position for several repetitions

until failure the basic method of resistance training uses the principle of progressive overload in which the