

## Essentials Of Strength Training And Conditioning

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Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance.

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What makes Essentials of Strength Training unlike your average fitness program or gym routine is its focus on the science behind your muscular strength. With the skill of someone whose career is dedicated to educating clients about the life-transforming benefits of physical fitness, Mr. Hodgkin uses 3-D animations, models, and green-screen technology to reveal a wealth of information on human physiology as it relates to how your muscles work and how you can make them stronger.

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Essentials of Strength Training and Conditioning, Third Edition, provides the latest and most comprehensive information on the structure and function of body systems, training adaptations, testing and evaluation, exercise techniques, program design, and organization and administration of facilities.

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Strength training is where you hit the gym to train with the goal of increasing your strength and power outputs. You likely won't care too much about having abs or being shredded, but you will care about how much weight you can lift. With strength training, the goal is to lift heavy weights in a safe and controlled manner.

### Hypertrophy Vs Strength Training - An Essential Guide

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