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Background: The intensity or load of a strength training exercise is commonly considered to be the most important factor contributing to muscular strength and power.

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5.1 Strength and Conditioning as a Rehabilitation Tool (Andreas Schlumberger). 5.1.1 Introduction. 5.1.2 Neuromuscular effects of injury as a basis for rehabilitation strategies.

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Basic Principles of Strength Training and Conditioning John M. Cissik, MS, CSCS whether you are a recreational weight trainer, a weekend athlete, or a strength coach working with elite athletes, it is important to be principled when designing strength and conditioning programs. By adhering to certain fundamental

Basic Principles of Strength Training and Conditioning W

in strength. This Strength and Conditioning Program (S&CP) is a combination of barbell training and metabolic conditioning. The goal of the program is to simultaneously increase strength and maintain or improve conditioning. Strength indicates the ability of muscles to exert force

