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Strength training is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles.

Strength training - Wikipedia

Developed by the National Strength and Conditioning Association, this text is the essential preparation text for the CSCS exam as well as a definitive reference that strength and conditioning professionals will consult in their everyday practice.

Essentials of Strength Training and Conditioning 4th

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Classical conditioning - Wikipedia

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What youâ€™re getting yourself into: ~5,600 words, 18-37 minute read time. Key Points: Many people think steroids make a massive (several-fold) difference in terms of competitiveness in strength sports.

Steroids for Strength Sports: The Disappointing Truth

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