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### **Weight training Wikipedia**

The basic principles of weight training are essentially identical to those of strength training, and involve a manipulation of the number of repetitions (reps), sets, tempo, exercise types, and weight moved to cause desired increases in strength, endurance, and size.

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NaturalStrength.com is an online think-tank, dedicated to truthful drug-free strength training information, (weight training, weightlifting, olympic lifting, powerlifting, strongman (competitive), bodybuilding, physical culture & iron game).

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### **The Top 5 Best Tricep Exercises Project Swole**

If you use a 3-day full body training split, you can probably choose 3 of these exercises, using 1 each day. If you have an arm day (which is a totally bogus topic for another day), you can probably choose 2 of these exercise for your triceps routine.

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