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CrossFit

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Strength training Wikipedia

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.. When properly performed, strength training can provide significant functional benefits and improvement in overall health and well-being, including increased bone, muscle, tendon, and ligament

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One repetition maximum Wikipedia

One-repetition maximum (one rep maximum or 1RM) in weight training is the maximum amount of weight that a person can possibly lift for one repetition. It may also be considered as the maximum amount of force that can be generated in one maximal contraction. One repetition maximum can be used for determining an individual's maximum strength and is the method for determining the winner in events

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Candito Linear Programming Candito Training HQ

3 Different Templates The entire goal of this is to focus on simple strength training. That is why there are 3 templates, but all of them include the same exact setup on the heavy strength days.

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Exercise Tips Physical Education Fitness

Exercise Tips - Physical Education - Fitness Though a lot of people know the importance of exercise there are still too many people who do not understand the importance of exercising regularly. Physical inactivity served as the leading risk factor for heart disease at every age from the early 30's to late 80's. And you have to fully understand that Food and Nutrition is the key to losing

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The Complete Strength Training Guide Stronger by Science

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Aspetar Sports Medicine Journal Training periodisation

Training periodisation. An obsolete methodology? Written by Irineu Loturco and Fabio Y. Nakamura, Brazil . GENERAL CONCEPT. Periodisation is probably the most important and fundamental concept in sports training.

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Scott Herman s German Volume Training Upper Lower Workout

Day 2 is a complete lower body day with a superset to target your obliques. The first four movements will all be compound lifts utilizing the German Volume Training principles and it s going to be absolutely brutal.

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The Super Toning Training Routine Muscle Strength

This intense routine, aimed at women, is a mix of stretching, cardio and resistance training designed to help you tone up and tighten up.

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Science Of Motion Horse Trainer Lameness Dressage

"Trainer of Trainers" The Science of Motion is a new approach to training and therapy, which is based upon identifying and correcting the specific gait abnormalities inherent in each horse. Volitional training.

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