

STRENGTH TRAINING BOOKS



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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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Circular Strength Training RMAX International

The Circular Strength Training (CST) System. CST is the flagship professional certification course at RMAX International, a 18+ hour training examination conducted throughout the 2-day Instructor Certification Seminar. CST was pioneered by Scott Sonnon, and continues to build on his insights to evolve an ever more refined, coherent, cohesive and comprehensive approach to becoming a

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