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nsca's performance training journal • www.nasca-lift.org • volume 10 issue 5 5 Gregory G. Haff is a senior lecturer and the course coordinator for the Masters of Strength and Conditioning program at Edith Cowan University in Perth, Australia. He is a Fellow of the National Strength and Conditioning

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National Strength and Conditioning Association (NSCA)

Welcome to a new edition of the Strength and Conditioning Journal! I would like to recognize many groups of people who help make the SCJ a top-quality journal. We have a first-class senior editorial team composed of a Managing Editor/Assistant and Associate Editors in Chief, along with an outstanding group of Associate Editors and Column Editors.

Strength & Conditioning Journal - journals.lww.com

Abstract: Manocchia, P, Spierer, DK, Lufkin, AKS, Minichiello, J, and Castro, J. Transference of kettlebell training to strength, power, and endurance. J Strength Cond Res 27(2): 477-484, 2013—Kettlebells are a popular implement in many strength and conditioning programs, and their benefits are touted in popular literature, books, and ...

Transference of Kettlebell Training to Strength, Power ...

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discussed as an option for either resting or training further. Benefits and disadvantages of off-season training are explored. A high importance is

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results if the training stress persists for too long. Overtraining, mental fatigue, and other symptoms may accompany Th e Role of Progressive Overload in Sports Conditioning Ashley Kavanaugh Conditioning Fundamentals

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Introduction to Plyometrics: Converting Strength to Power

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New sports performance facility opens in Scarsdale; see photos, video. A new New York Presbyterian/Columbia University Medical Center sports performance and training facility has opened in Scarsdale.

New sports performance facility opens in Scarsdale

Michael Berg is a freelance health and fitness writer based in New York. He has written for a variety of publications and websites in the sports and bodybuilding industry, including Bodybuilding.com MuscleMag, Oxygen, Muscle & Fitness Hers, Men's Fitness, Reps, Maximum Fitness, and UFC Magazine.

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Practical Guidelines for Plyometric Intensity

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