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Optimizing Strength Training Designing Nonlinear Periodization Workouts

By William J. Kraemer

Human Kinetics. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 8.9in. x 6.0in. x 0.7in. The strength training strategy of linear periodization has long been recognized as an efficient system of resistance training. But until now no one had researched and explored the potential benefits of a nonlinear periodization training program. Authors William Kraemer and Steven Fleck delve into nonlinear, or undulating, periodization to examine how it can result in long-term fitness and performance gains by adding more variety to workouts and optimizing each training session. In doing so, Dr. Kraemer and Dr. Fleck pioneer this newest periodization training technique and have become the leading proponents of this unique training method. Their innovative approach to strength training is shown to facilitate the training process and enhance performance, a fact Dr. Kraemer has demonstrated in several ongoing studies with basketball teams at the University of Connecticut. *Optimizing Strength Training: Designing Nonlinear Periodization Workouts* explains how nonlinear periodization works and then demonstrates how to create nonlinear periodization training programs, including programs for special populations. Readers will learn that by creating different workouts for each day, they can emphasize exclusive training styles in every workout to maximize adaptation as well as ensure adequate recovery from the...



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