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domain website which many of our East European book trade customers have been using for some time now, more or less regularly. We have just introduced certain upgrades and changes which should be interesting for you. Please remember that our website does not replace publisher websites, there would be no point in duplicating the information. Our idea is to present you with tools that might be useful in your work with individual, institutional and corporate customers. Many of the features have been introduced at specific requests from some of you. Others are still at preparatory stage and will be implemented soon.

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Core Training. Issue 8.5 Sept./Oct. 09
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Page 6 Summer is right around the corner which makes this a good

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Councill, Lee Giles, Pradeep Teregowda):
Which one are you training for — strength, size, or power? First, let's identify what each of these are. Strength is the ability to produce or generate force. Size, also referred to as hypertrophy, is the growth or enlargement of muscle. Power is the ability to produce or generate force quickly, which is a function ...

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Issue 9.2 NSCA's Performance Training Journal

ABOUT THIS PUBLICATION The NSCA's Performance Training Journal (ISSN: 2157-7358) is a publication of the National Strength and Conditioning Association (NSCA). The PTJ publishes basic educational information for Associate and Professional Members of the NSCA.

NSCA's Performance Training Journal - National Strength ...

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few studies have looked at the effects of HMB supplementation on aerobic training adaptations.

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www.nasca-lift.org • volume 10 issue 55
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 Association.

Issue 10.5 NSCA's Oct. / Nov. '11 J Performance Training Journal

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www.nasca-lift.org/performance Vol. 6 No. 5 |
Page 13 Jumps performed with added weight, such as a weighted vest or dumb-

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important to separate bouts of sprint
and resistance training in order to
maximize the training adaptations of
both modalities. Coffey VG, Jemiolo B,
Edge J, Garnham AP, Trappe SW, and
Hawley JA.

Issue 9.1 NSCA's Jan / Feb 10 J Performance Training Journal

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Issue 8.6 NSCA's Nov./Dec. 09 J Performance Training Journal

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Journal8Volume 1 Number 9 | www.nscalift.org/perform he use of periodized training has been reported to go back as far as the ancient Olympic games.

Periodized Training for the Strength/Power Athlete

Training and eating properly can increase your glycogen stores and, ultimately, your performance. It is a good idea to understand the different types of carbo-hydrates and how your body metabolizes them. References 1. Arvidsson-Lenner R, Asp N-G, Axelsen M, Bryngelsson S, Haapa E, Järvi A, Karlström B, Raben A,

TrainingTable Glycemic Index For Athletes

- Reporter, St. Louis Business Journal
Aug 31, 2020, 1:17pm CDT Major League

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