



Dynamics of Strength Training and Conditioning



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Dynamics of Strength Training and Conditioning

Gary T. Moran, George McGlynn

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Provides a comprehensive resource using an individualized approach to strength training, including conditioning and cardiorespiratory fitness. Emphasizes the physiological basis of muscle strength and endurance. Illustrates the most efficient and effective training techniques. The third edition has been updated to integrate guidelines from the American Heart Association, the American College of Sports Medicine, the Surgeon General's Report, and the American Academy of Pediatrics to provide readers with the most current information available.

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