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Stretching

***Journal Of Strength  
And Conditioning  
Research Stretching***

**Dragonboat Strength and  
Conditioning Log - This**

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## Stretching

training journal is perfect for any dragonboat rower who's serious about their training and about achieving success and getting results. Use it

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to keep a record of strength training sessions and cardio workouts. Keeping a record is vital in order to track progress and maintain motivation

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levels. Each page has daily tables to record exercises, weights and reps as well as duration, pace, heart rate zones and calories burned during cardio

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**workouts. This ensures that a strength and conditioning plan is adhered to and that any changes to the workouts can be fine tuned and recorded to optimize**

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performance. It is compact enough to be carried around to aid ease of use. Ideal for a coach, dad, mom, son or anyone that simply loves dragonboat. Makes a

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"This is a resource for

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**strength and  
conditioning  
professionals, health  
and fitness instructors,  
and personal trainers  
who use resistance  
training exercises in**



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their own programs or in programs designed for others. College and university faculty and students will find that this manual and the online video clips

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complement hands-on  
instruction and aid in  
teaching exercise  
technique without  
requiring the use of a  
weight room. Further,  
this manual is a primary

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preparation resource for  
those preparing for  
NSCA's Certified  
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CPT), Certified Special  
Population Specialist  
(CSPS), and Tactical  
Strength and  
Conditioning-Facilitator  
(TSAC-F) certification  
exams"--

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**Strength and  
Conditioning: A Concise  
Introduction offers a  
concise but  
comprehensive overview  
of training for athletic  
performance. Introducing**

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essential theory and  
practical techniques in  
all of the core areas of  
athletic training, the  
book clearly  
demonstrates how to  
apply fundamental

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principles in putting  
together effective real-  
world training programs.  
This book encourages  
students and  
professionals to think  
critically about their

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work and to adopt an evidence-based approach. It explains the interdependence of aspects of training such as needs analysis, assessment, injury, competition



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level, athlete age and program design, and it fully explains how those aspects should be integrated. Strength and Conditioning is an accessible, engaging and

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reflective introduction  
to the theory and  
application of strength  
and conditioning  
programs. Including  
clear step-by-step  
guidance, suggestions

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for further reading, and detailed sport-specific examples, this is the perfect primer for any strength and conditioning course or for any professional

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trainer or coach looking to refresh their professional practice. Included in the second edition are in-depth descriptions of free weights, kettlebells,

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heavy ropes, speed,  
agility, horizontal  
force production  
training, as well as  
updated research from  
the strength and  
conditioning field.

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Programming chapters and  
real-world programs  
provide examples of how  
to incorporate all the  
modern strength and  
conditioning tools. This  
is the perfect primer

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for any strength and conditioning course or for any professional trainer or coach looking to refresh their professional practice. Becoming an effective

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strength and  
conditioning  
practitioner requires  
the development of a  
professional skills set  
and a thorough  
understanding of the



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scientific basis of best  
practice. Aimed at  
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beginning practitioners,  
this book explores the  
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evidence and applies it

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to exercise selection  
and programming choices  
across the full range of  
functional areas in  
strength and  
conditioning, from  
strength and power to

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speed and agility. With coverage of data analysis and performance feedback, both vital skills for the contemporary strength and conditioning coach,

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this concise but  
sophisticated textbook  
is the perfect bridge  
from introductory study  
to effective  
professional practice.  
Written by experts with

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**experience in a wide  
variety of sports, its  
chapters are enhanced by  
extensive illustrations  
and address key topics  
such as: fitness testing  
and data analysis**

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developing strength and  
power motor skill  
acquisition and  
development strategies  
for competition priming  
monitoring training  
load, fatigue and

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recovery. Advanced

Strength and

Conditioning: An

Evidence-based Approach

is a valuable resource

for all advanced

students and

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practitioners of  
strength and  
conditioning and fitness  
training.

Written for both the  
undergraduate/graduate  
level student as well as



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practitioners in the field, this text incorporates all programming aspects of strength and conditioning including training methods to

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develop muscular strength and power, flexibility, and the development of effective warm-up regimens.

Performance analysis techniques in sport are

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introduced while the  
constraints-led approach  
to motor skills  
acquisition is presented  
as a framework that can  
guide the development of  
practices for the

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strength and  
conditioning  
practitioner. The  
biomechanical and motor  
skill acquisition  
concepts introduced in  
the text are then

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applied to fundamental movements including jumping, landing, and sprint running. Key Features: - Provides a solid introduction to biomechanics pertinent

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to the study of human  
movements - Discusses  
the performance analysis  
techniques in sport that  
can be used by the  
strength and  
conditioning

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practitioner to  
determine the  
physiological,  
mechanical, and  
technical demands of  
specific sports, and  
also the assessment of

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the techniques used in  
the execution of sport-  
specific skills -  
Includes a critical  
review of the different  
approaches to motor  
skill acquisition -



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**Incorporates clear  
learning objectives and  
worked examples in each  
chapter that allow  
readers to apply the  
concepts to real-life  
situations - Discusses**

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the application of the  
most recent research  
pertinent to concepts in  
each chapter - Includes  
appendices to expand on  
some of the more complex  
mathematical techniques

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required to perform  
biomechanical analyses  
and useful resources to  
aid the student in  
locating and evaluating  
scientific evidence.

Bowling Strength and

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Conditioning Log: Daily  
Bowling Sports Workout  
Journal and Fitness  
Diary for Bowler and  
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Jiu Jitsu Strength and  
Conditioning Log

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Dodgeball Strength and  
Conditioning Log: Daily  
Dodgeball Training  
Workout Journal and  
Fitness Diary for Player  
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Womens Sprinting

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Fitness Diary For Player  
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Bobsleigh Strength and  
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This training journal is perfect for  
any bobsleigh lover who's

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motivation levels. Each page has daily tables to record exercises, weights and reps as well as duration, pace, heart rate zones and calories burned during cardio workouts. This ensures that a strength and conditioning

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plan is adhered to and that any changes to the workouts can be fine tuned and recorded to optimize performance. It is compact enough to be carried around to aid ease of use. Ideal for a coach, dad, mom, son,

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daughter or anyone that simply loves bobsleigh. Makes a great gift for Christmas or Birthday. Click on the author link to see our other bobsleigh logs and diaries in the series - Training Log, to record technique and

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Conditioning Log - This training  
journal is perfect for any rower

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and skills worked on, and  
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Becoming an effective strength  
and conditioning practitioner

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requires the development of a professional skills set and a thorough understanding of the scientific basis of best practice. Aimed at advanced students and novice-to-expert practitioners, in this book the authors explore the

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latest scientific evidence and apply it to exercise selection and programming choices across the full range of areas in strength and conditioning, from strength and power, speed and agility, to aerobic conditioning. Since the

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first edition of this text was written extensive research has expanded the supporting evidence base that provides the theoretical foundation for each chapter. In addition, some areas that were previously under-

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researched have now been expanded and some key concepts have been further challenged. Each chapter is written by experts with experience in a wide variety of sports, including both applied

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and research experience, ensuring this concise but sophisticated textbook is the perfect bridge from introductory study to effective professional practice. While advanced concepts are explored within the

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book, the coach must not forget that consistency in the application of the basic principles of strength and conditioning is the foundation of athletic development. Advanced Strength and Conditioning: An

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Evidence- based Approach is a valuable resource for all advanced students and practitioners of strength and conditioning and fitness training. Designing Resistance Training Programs, Fourth Edition, is a



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guide to developing individualized training programs for both serious athletes and fitness enthusiasts. In this updated and expanded fourth edition, two of the world's leading experts on strength

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training explore how to design scientifically based resistance training programs, modify and adapt programs to meet the needs of special populations, and apply the elements of program design in the real world.

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Fleck and Kraemer provide readers with a thorough understanding of the process of designing resistance training programs from both scientific and practical perspectives. As with previous editions, the fourth

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edition includes comprehensive tables that compare data and conclusions from research on core topics related to design of resistance training programs. By summarizing research and content for the reader, these

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tables offer a study guide, on-the-job reference, or starting point for further research. Designing Resistance Training Programs, Fourth Edition, is the only resource available that presents the body of research in the field

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in this organized and comprehensive format. The fourth edition has been thoroughly revised to present the most current information while retaining the studies that are the basis for concepts, guidelines,

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and applications in resistance training. Meticulously updated and heavily referenced, the fourth edition contains the following updates: • A full-color interior provides stronger visual appeal for the text. • Sidebars

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focus on a specific practical question or an applied research concept, allowing readers to connect research to real-life situations. • Multiple detailed tables summarize research from the text, offering an easy way to



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compare data and conclusions. •  
A glossary makes it simple to  
find key terms in one convenient  
location. • Newly added  
instructor ancillaries make the  
fourth edition a true learning  
resource for the classroom.

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Designing Resistance Training Programs, Fourth Edition, begins by outlining the principles of resistance training and exercise prescription, and examines the various types of strength training, including isometrics and

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eccentric training. This is followed by a discussion of resistance training from a physiological perspective and an overview of how resistance training programs interact with the other conditioning

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components such as aerobic, interval, plyometric, and flexibility training. Readers will then explore advanced training techniques, how to manipulate training variables in a long-term resistance training program, and

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ways to plan rest into long-term training that minimizes losses in fitness or performance gains. An important text for students, researchers, and practitioners, this textbook offers the information and tools to help

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readers evaluate resistance training programs and better understand the context and efficacy of new data findings in this ever-changing field.

Designing Resistance Training Programs, Fourth Edition, is an

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essential resource for understanding the science behind resistance training and designing evidence-based resistance training programs for any population. This text provides the tools for

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understanding and designing resistance training programs for almost any situation or need. Drawing on the latest scientific research, this handbook introduces the essentials of sport-specific strength and



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sports including football, rugby, tennis, hockey, basketball, rowing, boxing, golf, swimming, cycling and weightlifting, as well as a variety of wheelchair sports. Every chapter introduces the fundamental requirements of a

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particular sport – such as the physiological and biomechanical demands on the athlete – and describes a sport-specific fitness testing battery and exercise programme. Additional chapters cover the adaptation of

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for all strength and conditioning students and an invaluable reference for strength and conditioning coaches and trainers.

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Notebook

Jiu Jitsu Workout Journal and  
Training Log and Diary for  
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Coach - Notebook

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***Athletes in all sports rely on***

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***speed. Whether it involves sprinting down the court on a fast break or chasing a loose ball, speed often contributes to overall athletic ability. Developing Speed teaches you how to***

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scientifically based manner  
that will have you blowing by  
the competition. Written by  
eight of the top National  
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Association experts,***

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development, regardless of  
your sport. In addition to the  
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development, this guide  
helps you assess your***

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***current ability and identify  
your areas of greatest need.  
Using this information,  
along with the most effective  
drills and exercises, you'll  
have the tools and  
information for creating***

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and reach your most  
aggressive goals. Developing  
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need to develop your  
personal program and take  
your speed to the highest***

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**level!**

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serious about their training  
and about achieving success***

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***and getting results. Use it to keep a record of strength training sessions and cardio workouts. Keeping a record is vital in order to track progress and maintain motivation levels. Each page***

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***Cheerleader Strength and  
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training journal is perfect  
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who's serious about their  
training and about achieving  
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and reps as well as duration,  
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conditioning plan is adhered***



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training journal is perfect  
for any kayaker who's  
serious about their training  
and about achieving success  
and getting results. Use it to***

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coach, dad, mom, son or***

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kayaking. Makes a great  
Father's day, Mother's day,  
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***strength training sessions  
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Developing Speed  
NSCA's Guide to High  
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to safely develop strong  
student-athletes. NSCA's  
Guide to High School  
Strength and Conditioning  
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program in the high school setting—whether you are a strength and conditioning professional, physical education teacher, sport coach, or administrator. Written by a team of

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contributors within the world-renowned National Strength and Conditioning Association, NSCA's Guide to High School Strength and Conditioning summarizes the primary

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duties and responsibilities of the various positions and roles that contribute to developing a safe and effective program. It provides insights into the

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benefits of offering a strength and conditioning program at the high school level and offers advice for the implementation of such a program. Examples are also provided for stre

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related PE curriculums to  
demonstrate how those  
types of programs can work  
and how they connect to  
the SHAPE America national  
standards and grade-level

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outcomes. The text is loaded with information that can be practically applied to any high school program. You will learn the variables to consider when designing a

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cardiovascular training  
program and 13 detailed  
protocols for conducting  
assessments so you can  
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descriptions, along with accompanying photos, teach proper technique for 28 common resistance training exercises, 10 bodyweight exercises, 12 anatomical core exercises, 11 static

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and dynamic stretching exercises, 12 plyometric exercises, 10 speed and agility drills, and 5 cardio machines. Sample warm-up sequences and exercise sessions for

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resistance, plyometric,  
speed and agility,  
cardiovascular, and  
circuit training are also  
provided—all of which  
follow the programming  
guidelines and

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recommendations for high school student-athletes. NSCA's Guide to High School Strength and Conditioning includes the evidence-driven information that will help

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resource is one that you will turn to for many years to come as you build a solid strength and conditioning community for your student-athletes. A good sport scientist and

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training process is paramount to success in competitive sport. A major component of this textbook is the detailed explanations of developing that process from creating

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an annual plan, selection of the appropriate periodization model and how to program that model. In application, connecting physiology to performance can be enhanced by using

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appropriate athlete  
monitoring techniques.  
Although there can be  
overlap, monitoring can be  
divided into two  
components: fatigue  
management and program

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efficacy. One of the features of this text is the in-depth description of how the monitoring process should take place and how monitoring data can be used in program

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to track progress and maintain motivation levels. Each page has daily tables to record exercises, weights and reps as well as duration, pace, heart rate zones and

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cardio workouts. This  
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seminal resource is broken into three parts to systematically bridge the gap between science and practice. Part I lays the groundwork for understanding fundamental concepts of pediatric exercise science,

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motor skill, strength and power, speed and agility, and aerobic and anaerobic fitness, and it features a chapter on designing integrative training programs. This practical section will demonstrate the impact of



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factors specific to youth on fitness, and it will teach readers how to design programs to meet the needs of youth of varying abilities and different stages of development. Sample training sessions with accompanying

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exercise photos within each chapter offer clear visual guidelines for implementing exercises correctly. Part III delves into modern-day topics specific to the youth population, including participation in

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threshold, muscular strength, muscular endurance, power, speed and agility, mobility, and balance and stability. Using descriptions of multiple test options for each key fitness component, readers will learn

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