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Hypertrophy and Hyperplasia; 14 Acute and Chronic Muscle Metabolic Adaptations to Strength Training; 15 Neural Adaptation to Strength Training

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Sommario/riassunto

The second edition of this broadly based book continues to examine and update the basic and applied aspects of strength and power in sport from the neurophysiology of the basic motor unit to training for specific activities. Authorship is, again, international and includes leading physiologists and clinicians.
