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Nota di contenuto	1. A Study on the Relationship between Health and Physical Fitness and School Life of Children -- 2. Accessible Resistance Movement Experiences for Elementary Students and Educators -- 3. Resistance Training is Medicine: Stay Active and Reap the Reward, Live in your Life! -- 4. Perspective Chapter: Resistance Exercises for Musculoskeletal Disorders -- 5. Guidelines for Prenatal and Postpartum Resistance Training -- 6. Strength Training, Quality of Life, and Health in Elderly -- 7. Functional Capacity in Advanced Older Adults.
Sommario/riassunto	Bridging Science and Practical Appliance in Resistance Training is a groundbreaking scientific exploration of the art and science behind one of the most effective training methodologies in sports. In this book, leading experts in the field of sports sciences delve deep into the intricacies of resistance training, offering a wealth of knowledge and practical guidance to help you achieve your fitness goals. Whether you're a professional athlete, a fitness enthusiast, or a coach seeking to optimize performance for your team, this book is an indispensable resource. Explore the science behind resistance training, uncovering the physiological and biomechanical principles that underpin this transformative training method. Design tailored training programs based on your specific goals, employing evidence-based periodization strategies, exercise selection techniques, and optimal training frequencies. Master proper lifting techniques with detailed instructions and step-by-step guidance. Learn the vital role of recovery and nutrition in supporting your resistance training endeavors.

