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which makes this a good

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CiteSeerX - Document Details (Isaac 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

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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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Performance Training Journal | www.nscalift.org/perform Vol. 6 No. 6 Page 4 very few studies have looked at the effects of HMB supplementation on aerobic training adaptations.

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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, Jemiole B,
Edge J, Garnham AP, Trappe SW, and
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training has been reported to go back as
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**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,

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Bryngelsson S, Haapa E, Järvi A,
Karlström B, Raben A,

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