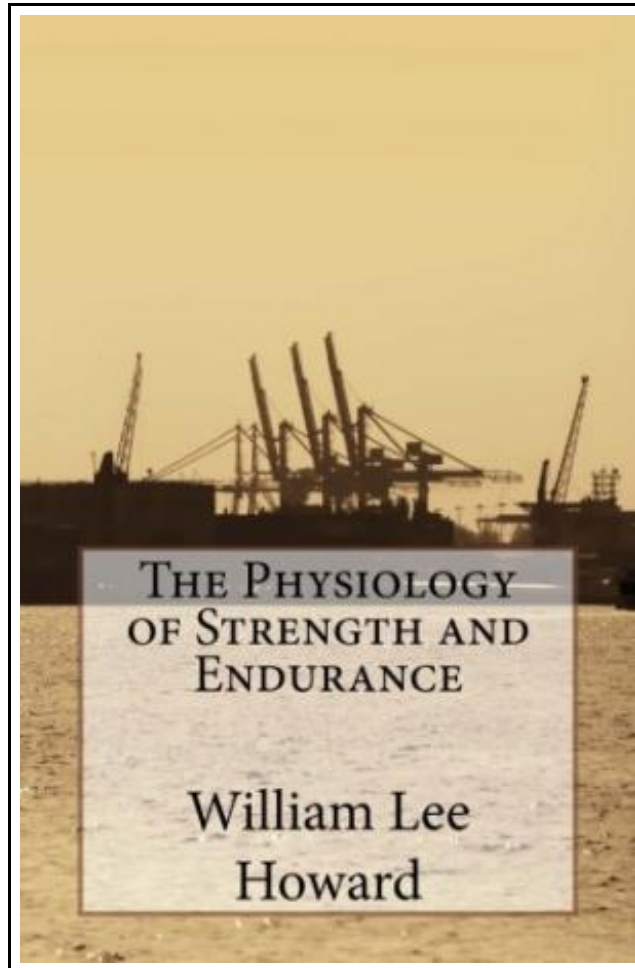


The Physiology of Strength and Endurance (Paperback)



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Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throgh reading time. Your life span will be enhance when you complete looking at this publication.

(Laurence Littell)

THE PHYSIOLOGY OF STRENGTH AND ENDURANCE (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.Strength training is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles. When properly performed, strength training can provide significant functional benefits and improvement in overall health and well-being, including increased bone, muscle, tendon and ligament strength and toughness, improved joint function, reduced potential for injury, increased bone density, increased metabolism, increased fitness, improved cardiac function, and improved lipoprotein lipid profiles, including elevated HDL (good) cholesterol. Training commonly uses the technique of progressively increasing the force output of the muscle through incremental weight increases and uses a variety of exercises and types of equipment to target specific muscle groups. Strength training is primarily an anaerobic activity, although some proponents have adapted it to provide the benefits of aerobic exercise through circuit training. Sports where strength training is central are bodybuilding, weightlifting, powerlifting, strongman, Highland games, shotput, discus throw, and javelin throw. Many other sports use strength training as part of their training regimen, notably American football, wrestling, track and field, rowing, lacrosse, basketball, poledancing (or polefitness), hockey and football. Strength training for other sports and physical activities is becoming increasingly popular. Endurance (also related to sufferance, resilience, constitution, fortitude, and hardiness) is the ability of an organism to exert itself and remain active for a long period of time, as well as its ability to resist, withstand, recover from, and have immunity to trauma, wounds, or fatigue. It is usually used in aerobic or anaerobic exercise. The definition of long varies according to the type of exertion - minutes for high intensity anaerobic exercise, hours or days for low...



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