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proper ratio of strength, power, or muscular endurance of one muscle or muscle groups relative to another muscle or muscle group

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The Science and Practice of Strength Training explained that strength

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is measured in velocity, not weight. Explosive strength is in fast velocity – about 30 to 40 percent. Speed strength is in intermediate velocity – about 70 to 85 percent. Strength speed is in slow velocity – 90 percent and above.

Science and Practice of Strength Training – Westside Barbell
Science and Practice of Strength Training is a favorite book among strength and conditioning professionals. Now in a third edition, it offers upgraded artwork, updates based on current science, and new information to enhance the practical application of the concepts presented. A new coauthor, Dr. Andrew Fry, joins the already-popular author team of Dr. Vladimir Zatsiorsky and Dr. William Kraemer to make this third edition even better than its predecessors.

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The SFRA concept (80,81,83) suggests that fatigue accumulates in

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