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Contrast method, Circuit
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method, Organization of SST
in training process and
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Volume One 10 any kind of performance enhancement. It is therefore up to you to update it with the information you possess and gain through training iterations. Figure 1.1 below depicts perfectly the

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difference between precision and significance, and the aim of this manual. Figure 1.1.

Strength Training Manual -
Complementary Training

Special Strength Training -
Manual for Coaches Method

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#1—Synaptic Facilitation.

This is what the Russians base a large part of their training around. Some western coaches have called it "greasing the groove." . Synaptic facilitation refers to the body's ability to

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improve strength on an exercise by performing the movement more frequently.

Russian Strength Training Manual

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of strength training and conditioning with some of the foremost coaches in the world. This manual is not meant to make you an expert, but rather to increase your knowledge, skills, and

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For Coaches with three goals in mind:

- Increase safety awareness
- Develop your abilities to supervise strength training and conditioning activities

The National Strength and

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Conditioning Association's
(NSCA ...

There wasn't any special training that allowed them to lift heavy weights with relatively little mass; most of it simply has to do with how they're built. So, the

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For Coaches
Primary goal of intermediate training is to get into the highest weight class possible, as fast as possible, while still being fairly lean (below 15% body fat for men, and below 25% for women) and protecting

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the joints as much as ...

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