

Strength And Conditioning A Concise Introduction

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To improve physical conditioning, Strength & Conditioning (S&C) coaches should be conscious of a range of factors, as they will need to consistently interpret, make informative decisions and adapt appropriate strategies.

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One of the latest trends to hit the fitness industry, strength and conditioning training will stretch your professional limits and will become an essential part of your personal training pack. You'll help athletes reach their peak performance through cutting edge coaching, devising resistance training programmes, pushing the boundaries of mobility and stability, and coaching for recovery and regeneration.

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