

Essentials Strength Training Conditioning 3rd

Essentials Strength Training Conditioning 3rd Essentials of Strength Training Conditioning A ThirdLevel Analysis Strength training the cornerstone of many fitness regimes transcends mere muscle growth It profoundly impacts overall health performance and quality of life impacting everything from bone density to metabolic rate This article delves into the essentials of strength training conditioning at a thirdlevel of analysis building upon fundamental principles and exploring advanced techniques and considerations for optimized results We will blend scientific evidence with practical strategies to guide individuals towards advanced strength training programs I Foundational Principles Revisited and Refined Before exploring advanced concepts its crucial to revisit and refine foundational principles These include Progressive Overload This remains paramount Its not just about adding weight its about systematically increasing the training stimulus over time This could involve increasing weight repetitions sets decreasing rest periods or changing exercise variations Consistent progression is essential for continued adaptation and strength gains Specificity Training should mirror the desired outcome An Olympic lifter needs different training than a marathon runner Understanding the specific energy systems muscle groups and movement patterns crucial for your goals shapes your programs design Individualization No onesizefitsall approach exists Factors such as age experience genetics and injury history dictate the appropriate training volume intensity and exercise selection Periodization This involves strategically manipulating training variables volume intensity frequency over time to optimize adaptations and prevent overtraining Classic periodization models linear nonlinear can be customized for individual needs II Advanced Training Techniques Moving beyond the fundamentals advanced techniques refine strength gains and prevent plateaus Plyometrics Explosively powerful movements like box

jumps and depth jumps enhance 2 power output These should be integrated cautiously prioritizing proper technique to minimize injury risk Isometric Training Holding a position under tension strengthens muscles at a specific joint angle This is particularly beneficial for injury rehabilitation and building strength in specific ranges of motion Eccentric Training Focusing on the lengthening phase of a movement eg lowering a weight slowly during a bicep curl can promote hypertrophy and strength gains albeit with a higher risk of muscle soreness Drop Sets Immediately decreasing the weight after reaching muscle failure allows for additional repetitions and further muscle stimulation Supersets and Compound Sets Combining exercises in sequence supersets or targeting multiple muscle groups in a single exercise compound sets increases training density and efficiency III Programming Considerations Effective strength training requires meticulous programming Key considerations include Exercise Selection Prioritize compound exercises squats deadlifts bench press overhead press rows which work multiple muscle groups simultaneously These form the core of any strength program Isolation exercises can be incorporated strategically to address specific weaknesses Training Frequency The optimal frequency varies based on the individual and their goals A common approach is to train each muscle group 2-3 times per week allowing sufficient recovery Rep Ranges Different rep ranges elicit different adaptations Lower reps 1-5 focus on maximal strength moderate reps 6-12 on hypertrophy and higher reps 12-20 on muscular endurance Rest Periods Rest periods between sets influence the energy system being targeted and the subsequent muscle adaptation Shorter rest periods 30-60 seconds are often used for hypertrophy while longer rest periods 2-5 minutes are better suited for strength training IV Data Visualization Rep Range and Adaptation Rep Range Primary Adaptation Secondary Adaptation 1-5 Maximal Strength Muscle Hypertrophy 6-12 Hypertrophy Strength Endurance 12-20 Muscular Endurance Hypertrophy Table 1 Rep Range and Training Adaptations Figure 1 Hypothetical Strength Gain Curve illustrating the importance of progressive overload Insert a graph showing a steadily increasing strength curve over time illustrating progressive overload The curve should show plateaus if progressive overload is not maintained followed by a

renewed increase when the overload resumes V RealWorld Applications These principles translate to various contexts Rehabilitation Strength training plays a vital role in injury recovery improving muscle strength and function Therapists utilize progressive overload and tailored exercise selection to aid in rehabilitation Athletic Performance Strength training enhances power speed and agility across diverse sports Program design must reflect the sports demands AgeRelated Muscle Loss Sarcopenia Strength training counteracts agerelated muscle loss improving functional capacity and independence in older adults Gradual progression and close monitoring are crucial VI Conclusion Strength training transcends simple muscle building its a cornerstone of holistic wellbeing Understanding and applying advanced principles of progressive overload periodization and individualized programming leads to significant gains in strength power and overall fitness However safety and proper technique must always be prioritized This requires a blend of scientific understanding practical application and a willingness to adapt training based on individual needs and progress VII Advanced FAQs 1 How can I determine my 1rep max 1RM accurately without risking injury Several methods exist including using calculators based on your performance at higher repetition ranges However its crucial to prioritize safety and progressively approach your 1RM rather than attempting it directly 4 2 What are the best strategies to overcome training plateaus Consider deloading reducing training volume changing rep ranges incorporating new exercises altering your training split or focusing on improving technique Sometimes a short break from training can also be beneficial 3 How can I effectively incorporate plyometrics into my existing strength training program without increasing injury risk Start with lowintensity plyometric exercises focus on proper technique often requiring coaching and gradually increase intensity and volume as your skill and strength improve Ensure adequate warmup and recovery 4 What are the optimal nutrition and recovery strategies to support advanced strength training Prioritize sufficient protein intake 1622gkg bodyweight to support muscle protein synthesis Adequate sleep 79 hours hydration and stress management are also critical for recovery and preventing overtraining 5 How can I effectively monitor my progress and adjust my training

accordingly Track your training volume intensity and repetitions noting your progress and any signs of overtraining Periodically reassess your 1RM body composition and other relevant metrics to gauge progress and adapt your program accordingly Consulting with a qualified strength and conditioning coach can also provide personalized guidance and support

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now in its third edition essentials of strength training and conditioning is the most comprehensive reference available for strength and conditioning professionals in this text 30 expert contributors explore the scientific principles concepts and theories of strength training and conditioning as well as their applications to athletic performance essentials of strength training and conditioning is the most preferred preparation text for the certified strength and conditioning specialist cscs exam the research based approach extensive exercise technique section and unbeatable accuracy of essentials of strength training and conditioning make it the text readers have come to rely on for cscs exam preparation the third edition presents the most current strength training and conditioning research and applications in a logical format designed for increased retention of key concepts the text is organized into five sections the first three sections provide a theoretical framework for application in section 4 the program design portion of the book the final section offers practical strategies for administration and management of strength and conditioning facilities section 1 chapters 1 through 10 presents key topics and current research in exercise physiology biochemistry anatomy biomechanics endocrinology sport nutrition and sport psychology and discusses applications for the design of safe and effective strength and conditioning programs section 2 chapters 11 and 12 discusses testing and evaluation including the principles of test selection and administration as well as the scoring and interpretation of results section 3 chapters 13 and 14 provides techniques for warm up stretching and resistance training exercises for each exercise accompanying photos and instructions guide readers in the correct execution and teaching of stretching and resistance training

exercises this section also includes a set of eight new dynamic stretching exercises section 4 examines the design of strength training and conditioning programs the information is divided into three parts anaerobic exercise prescription chapters 15 through 17 aerobic endurance exercise prescription chapter 18 and periodization and rehabilitation chapters 19 and 20 step by step guidelines for designing resistance plyometric speed agility and aerobic endurance training programs are shared section 4 also includes detailed descriptions of how principles of program design and periodization can be applied to athletes of various sports and experience levels within the text special sidebars illustrate how program design variables can be applied to help athletes attain specific training goals section 5 chapters 21 and 22 addresses organization and administration concerns of the strength training and conditioning facility manager including facility design scheduling policies and procedures maintenance and risk management chapter objectives key points key terms and self study questions provide a structure to help readers organize and conceptualize the information unique application sidebars demonstrate how scientific facts can be translated into principles that assist athletes in their strength training and conditioning goals essentials of strength training and conditioning also offers new lecture preparation materials a product specific site includes new student lab activities that instructors can assign to students students can visit this site to print the forms and charts for completing lab activities or they can complete the activities electronically and email their results to the instructor the instructor guide provides a course description and schedule chapter objectives and outlines chapter specific sites and additional resources definitions of primary key terms application questions with recommended answers and links to the lab activities the presentation package and image bank delivered in microsoft powerpoint offers instructors a presentation package containing over 1 000 slides to help augment lectures and class discussions in addition to outlines and key points the resource also contains over 450 figures tables and photos from the textbook which can be used as an image bank by instructors who need to customize their own presentations easy to follow instructions help guide instructors on how to reuse the images within their own

powerpoint templates these tools can be downloaded online and are free to instructors who adopt the text for use in their courses essentials of strength training and conditioning third edition provides the latest and most comprehensive information on the structure and function of body systems training adaptations testing and evaluation exercise techniques program design and organization and administration of facilities its accuracy and reliability make it not only the leading preparation resource for the cscs exam but also the definitive reference that strength and conditioning professionals and sports medicine specialists depend on to fine tune their practice

table of contents the aging curves testing training principles body composition flexibility bone falls and fractures muscular strength power and endurance training cardiovascular training periodized training

every winter world class racers schuss down race courses at speeds upwards of 80 mph going all out for 2 minutes of racing die hard recreational skiers spend weekends exhausting themselves to catch that last chair lift ride professional ski instructors devote their free time to honing skills in technique and tactics to meet specific national standards regardless of the number of days spend on snow all participate in a sport that demands a balanced combination of peak conditioning in targeted fitness areas called performance abilities endurance strength power speed and agility as part of a thesis for the completion of a masters degree in kinesiology be fit to ski incorporates over 30 years of research on alpine skiing and athletic training toward the development of a year round fitness program the idea of periodization a block training approach using microcycles and macrocycles forms the basis of four training phases that begin in the spring and culminate with the end of the ski season divided into three sections basics of training performance abilities and the training year this book provides all the necessary answers to develop year round fitness training for skiing that will result in quicker skill improvement and guaranteed more vertical per day

client centered exercise prescription third edition with resource emphasizes a personalized approach to exercise in which unique programs meet the interests and needs of individual clients this resource will help you to prescribe exercise and guide clients in adopting enjoying and maintaining active lifestyles client centered exercise prescription third edition expands the role of the fitness professional from simple exercise prescription to include activity counseling design modification exercise demonstration functionally integrated exercise injury prevention and follow up monitoring for a variety of clients central to the book are seven client centered models for each major fitness component that serve as a template of options for each decision in the prescription process activity counseling musculoskeletal exercise design exercise demonstration cardiovascular exercise prescription resistance training prescription muscle balance and flexibility prescription and weight management prescription the text explains the vital role that functionally integrated exercise plays in improving performance and maintaining musculoskeletal health and teaches how to recognize muscle imbalance and prevent complications fitness professionals will learn to make informed client centered decisions and address the following issues establishing rapport and increasing adherence by prescribing exercise programs that match clients desires needs and lifestyles understanding clients unique psychological needs and using that information to keep them motivated monitoring clients needs both as they are originally presented and as they evolve over time applying strategies for treating and preventing overuse injuries so that clients avoid injury and frustration thereby avoiding withdrawal from the program addressing the unique considerations of aging clients including musculoskeletal conditions and functional mobility the third edition of client centered exercise prescription retains the client centered approach of previous editions offering simulated initial interviews with clients teaching cues for demonstration sample sessions and sample counseling dialogue the text also features numerous updates more than 40 reproducible forms included in the text and duplicated in printable format in the web resource that can be shared with clients applied exercise prescription worksheets that facilitate the flow from the prescription models to the prescription card three new chapters on exercise

prescription for aging adults that offer specific exercise recommendations for this growing demographic expanded sections on applied nutrition reliable field tests safety and referrals and a unique biomechanical approach to exercise modifications and functional progressions five new case studies and other updated case studies that allow you to grasp how the material may be used in practice theory to application sidebars numerous photos and chapter summaries that will engage you and help you find the most relevant information using reliable field tests practical nutrition guidelines and applied exercise physiology concepts this text will help both professionals and students better serve their current and future clients candidates preparing for certification exams including the canadian society for exercise physiology certified personal trainer csep cpt exam will find comprehensive treatment of the theory and applications covering the competencies required before entering the field practical examples applied models and scientific knowledge also make the text accessible to undergraduate students in fitness exercise science and health promotion programs

endorsed by europeactive this text includes fundamentals and best practices of concepts duties and responsibilities that fitness instructors perform on the job the content applies to level 3 of the european qualifications framework

this book is a complete guide to selecting setting up and using landmine devices for fitness it explains how to safely implement the equipment it includes individual exercises and training programs that can be used in achieving a variety of strength and fitness goals

laboratory manual for exercise physiology third edition with hkpropel access provides guided lab activities for in person or virtual settings that allow students to translate their scientific understanding of exercise physiology into practical applications

christian paths to health and wellness third edition is a faith based text that helps students explore and apply key concepts of holistic health and wellness a new web study guide assists students in retaining and using what they learn

npti s fundamentals of fitness and personal training makes the principles and theories of fitness accessible for all readers written in a conversational tone with real life examples this text helps students understand how the body works and responds to exercise readers will learn how to create exercise programs that allow their future clients to accomplish individual fitness goals this book combines technical detail with practical application in an engaging manner anatomical illustrations and photos provide further guidance on the science of personal training complete with coverage of specific muscle systems and how to train them extensive information on essential nutrients coupled with guidance on helping clients burn fat and build strength helps future trainers take the sessions beyond simple workouts stories and examples lend insight into the scientific concepts helping students to understand more complex topics legal considerations including how to assess and classify clients and minimize risk prepare readers for the realities of a career in personal training step by step coverage of exercise program design takes the guesswork out of developing workouts and helps readers modify programs for special populations and clients dealing with injuries sample workouts designed by expert personal trainers cover key fitness training concepts and offer unique training ideas to keep exercise fun and effective for clients study questions at the end of each chapter help students assess their understanding of the material and online access to a list of more than 3 000 references extends learning beyond the classroom an instructor guide and presentation package plus image bank are available to instructors helping them explore concepts from the text in the classroom npti s fundamentals of fitness and personal training has been endorsed by the national personal training institute npti the nation s largest system of schools devoted to personal training education npti s mission is to prepare students to become personal trainers and fitness professionals npti strives to provide a high quality education

experience that each student values and would recommend to peers

learn how to apply the science of exercise physiology to your exercise programs and to solve the problems you ll encounter every day in practice you ll explore the principles of movement on which exercise is based while you develop the confidence you need to create individualized exercise programs based on current lifestyles schedules and abilities and properly progress those fitness programs through the stages of the ace ift training model

therapeutic exercise for musculoskeletal injuries fourth edition with online video presents foundational information that instills a thorough understanding of rehabilitative techniques updated with the latest in contemporary science and peer reviewed data this edition prepares upper undergraduate and graduate students for everyday practice while serving as a referential cornerstone for experienced rehabilitation clinicians the text details what is happening in the body why certain techniques are advantageous and when certain treatments should be used across rehabilitative time lines accompanying online video demonstrates some of the more difficult or unique techniques and can be used in the classroom or in everyday practice the content featured in therapeutic exercise for musculoskeletal injuries aligns with the board of certification s boc accreditation standards and prepares students for the boc athletic trainers exam author and respected clinician peggy a houghlum incorporates more than 40 years of experience in the field to offer evidence based perspectives updated theories and real world applications the fourth edition of therapeutic exercise for musculoskeletal injuries has been streamlined and restructured for a cleaner presentation of content and easier navigation additional updates to this edition include the following an emphasis on evidence based practice encourages the use of current scientific research in treating specific injuries full color content with updated art provides students with a clearer understanding of complex anatomical and physiological concepts 40 video clips highlight therapeutic techniques to enhance comprehension of difficult or unique concepts clinical tips illustrate key points in each chapter to reinforce

knowledge retention and allow for quick reference the unparalleled information throughout therapeutic exercise for musculoskeletal injuries fourth edition has been thoroughly updated to reflect contemporary science and the latest research part i includes basic concepts to help readers identify and understand common health questions in examination assessment mechanics rehabilitation and healing part ii explores exercise parameters and techniques including range of motion and flexibility proprioception muscle strength and endurance plyometrics and development part iii outlines general therapeutic exercise applications such as posture ambulation manual therapy therapeutic exercise equipment and body considerations part iv synthesizes the information from the previous segments and describes how to create a rehabilitation program highlighting special considerations and applications for specific body regions featuring more than 830 color photos and more than 330 illustrations the text clarifies complicated concepts for future and practicing rehabilitation clinicians case studies throughout part iv emphasize practical applications and scenarios to give context to challenging concepts most chapters also contain evidence in rehabilitation sidebars that focus on current peer reviewed research in the field and include applied uses for evidence based practice additional learning aids have been updated to help readers absorb and apply new content these include chapter objectives lab activities key points key terms critical thinking questions and references instructor ancillaries including a presentation package plus image bank instructor guide and test package will be accessible online therapeutic exercise for musculoskeletal injuries fourth edition equips readers with comprehensive material to prepare for and support real world applications and clinical practice readers will know what to expect when treating clients how to apply evidence based knowledge and how to develop custom individual programs

christian paths to health and wellness second edition offers a unique faith based perspective on the pursuit of wellness for body mind and spirit written for undergraduate students attending christian universities this updated edition also

serves as a reference for anyone seeking god pleasing guidance to make positive life changes christian paths to health and wellness will help you develop cardiorespiratory endurance muscular strength and flexibility apply principles of good nutrition manage stress and better understand other issues affecting emotional wellness learn the importance of regular sound sleep and understand how to develop and maintain healthy relationships in this new edition you ll find the latest research on nutrition and fitness woven into an engaging narrative complemented by true stories of personal empowerment this inspiring book will help you take charge of your health learn about the importance of physical wellness to the whole person and apply aspects of behavior modification in reaching your goals like the first edition christian paths to health and wellness second edition draws on the expertise and perspective of a team of christian academics engaged in teaching health and wellness courses with a christian foundation learning features in the text including chapter outcomes and review questions offer guideposts for retaining and referencing information application activities help you reflect on chapter content as you consider through exercises and written reflections how to translate what you ve learned to your own life point counterpoint discussions give you a forum for discussing a topic from alternative perspectives in addition a glossary defines new terms which are highlighted in bold type throughout the text and included in lists of key terms in each chapter for instructors free access to online ancillaries including an instructor guide presentation package with image bank and test package offer comprehensive support for course delivery and assessment psalm 119 reminds us that god s word is a lamp for my feet a light on my path in this way the second edition of christian paths to health and wellness considers how scripture speaks about caring for your whole being and encourages you through tools information and strategies to live a focused life fixed on godly physical goals

as the older adult population increases so does the demand for fitness professionals who understand the capabilities and special needs of seniors with illnesses disabilities chronic disorders and sedentary lifestyles exercise for frail elders

second edition is the only exercise fitness guidebook that focuses on working with frail elders and adults with special conditions it is an invaluable resource for improving functional fitness maintaining aspects of independent living and enhancing quality of life with exercise for frail elders second edition readers will gain a deeper understanding of 14 medical conditions common to older adults how these conditions may affect participants ability to perform activities of daily living and what exercises can help them maintain and increase functional fitness this book focuses on special needs stemming from conditions including arthritis cardiovascular disease diabetes hypertension orthopedic issues osteoporosis parkinson s disease and alzheimer s disease the updated second edition provides a broader focus on balance a critical component of any functional fitness program to aid in designing classes that incorporate various stability exercises exercises that provide significant benefits to balance are indicated with a symbol to ensure effective program design additional features of this edition include the following learning objectives at the beginning and review questions at the conclusion of each chapter provide a framework for understanding reproducible forms provide readers with easy to use appraisals questionnaires and exercise logs for evaluating clients checklists and reference charts highlight key areas of concern and consider specific needs when planning functional fitness programs for clients guidelines and safety precautions for special conditions and how they apply to range of motion exercises resistance training aerobic exercise and stretching have been updated specific exercise instructions including variations and progression options show professionals how to add interest and challenge for participants suggested resources encourage exercise leaders to continue their education to enhance learning and program development the text is divided into two parts part i covers planning an exercise program for frail elders or adults with special needs including knowing the needs of class participants motivating students to exercise and keeping them safe while participating it also offers strategies for success including basic class structure creating a sense of fun and community part ii covers implementation of a successful program including course design warm up and cool down and exercises for range of

motion resistance training aerobic training and stretching with their variations over 150 photos illustrate safe and effective execution of the exercises exercise for frail elders second edition is an easy to follow resource for working with elderly individuals in assisted living and nursing homes rehabilitation facilities hospitals day centers senior centers recreation and community centers and home health care environments this unique guide has the hands on information necessary for creating safe and effective exercise programs and understanding medical disorders safety precautions for specific disorders and implications for exercise readers will learn to design and teach a dynamic fitness program for older adults and keep it fun safe and functional with exercise for frail elders

the proceeding is a collection of research papers presented at the international colloquium on sports science exercise engineering and technology icosseet2014 a conference dedicated to address the challenges in the areas of sports science exercise sports engineering and technology including other areas of sports thereby presenting a consolidated view to the interested researchers in the aforesaid fields the goal of this conference was to bring together researchers and practitioners from academia and industry to focus on the scope of the conference and establishing new collaborations in these areas the topics of interest are as follows but are not limited to 1 sports and exercise science sports nutrition sports biomechanics strength and conditioning motor learning and control sports psychology sports coaching sports and exercise physiology sports medicine and athletic trainer fitness and wellness exercise rehabilitation adapted physical activity disability sport physical education dance games and play 2 sports engineering and technology application sports equipment mechanics athlete analysis and measurement instrumentation and measurement in sports fluid dynamics in sports computational modeling in sports 3 sports industry and management sports event sports management sports tourism sports marketing sports ethics and law sports sociology outdoor and recreation management inclusive recreation leisure

presenting a multidisciplinary approach to the prevention and management of injuries to young tennis players this unique book considers multiple factors contributing to the increasing numbers of such sports related injuries such as increased young athlete participation in tennis the pre professionalization of younger players and misconceptions surrounding treating children in the same manner as adults beginning with the essentials for developing tennis players and their physical and mental growth with the sport the text then turns to prevention and management techniques and strategies covering the upper and lower extremities shoulder and elbow hip and knee and spine as well as other acute medical conditions further consideration is given to proper nutrition strength and conditioning and rehabilitation and return to play edited by clinicians directly involved in the care of young tennis players and including contributions from physical therapists nutritionists sports psychologists and physicians it is an invaluable and comprehensive resource for any professional seeing and treating young tennis players

physical education for lifelong fitness the physical best teacher s guide presents strategies to incorporate health related fitness and activity into pe programs teachers learn to develop a curriculum based on current national standards and guidelines apply fitness concepts in real world settings and motivate students to live healthy active lives

weightlifting for young athletes safe strength progressions gym basics the complete beginner s guide to smart safe strength training for kids and teens are you a parent coach or young athlete trying to navigate the world of weightlifting but unsure where to start or what s safe this step by step guide is the answer written specifically for youth athletes weightlifting for young athletes combines evidence based science with real world coaching to provide a clear age appropriate path to strength athletic performance and confidence without risking injury or burnout whether you re training for football basketball soccer baseball or just want to build strength the right way this book will give you the tools structure and knowledge to succeed safely and progressively inside this book you ll discover why strength training

is safe and beneficial for young athletes when done right the most common myths about kids and weightlifting debunked by science a proven progression system from bodyweight to barbell lifting gym safety fundamentals spotting techniques and injury prevention tips warm up routines mobility drills and recovery essentials for growing bodies mental toughness skills confidence building habits and goal setting strategies sport specific training tips and how to adjust programs for in season and off season nutrition hydration and sleep strategies for growth and performance sample 2 day and 3 day beginner programs for busy student athletes youth friendly equipment setups both at home and in the gym performance tracking methods that avoid obsession and build long term motivation whether your goal is to gain a competitive edge build a strong foundation for life or simply fall in love with the discipline of lifting this book provides the structure guidance and mindset needed to unlock your full potential without overtraining or unsafe practices perfect for parents who want peace of mind about youth training safety coaches building fundamentals in middle and high school athletes teens and tweens starting their first gym experience sports teams preparing for long term athletic development home trainers and garage gym families don't leave strength development to guesswork start smart train safe build confidence the right way

building muscle and performance fuses the most effective exercises and progressions into a high octane high efficiency training program combining strength training power training cardio and more tumminello's unique approach delivers results increased strength explosiveness speed athleticism endurance and a lean and muscular physique

acsm's certification review is the ultimate resource to help you pass the exam to become a certified personal trainer cpt certified health fitness specialist hfs or certified clinical exercise specialist ces highlights include case studies that reinforce concepts organized by ksa domains practice exams that contain questions for each certification level job task analysis tables that provide breakdowns of all the ksas by certification level and domain

high intensity training has no age restriction so why slow down you don't have to however there is a better way to train one that reduces stress on your body decreases risk of injury and maximizes the results you're looking for ageless intensity is a straightforward science based guide on how to structure and implement high intensity workouts to increase strength and power add lean muscle mass improve mobility burn fat reduce heart rate and ultimately reduce the biological effects of time inside you will discover not only the impact aging has on your body but also how high intensity exercise actually slows that process you'll learn the importance of adding challenging strength and mobility exercises to your routine as well as how to monitor and adjust recovery between workouts you'll even find predesigned workouts that can be used as is or be customized to increase the intensity and push your body to its limits so if you're not ready to slow down ageless intensity will show you how to keep going strong book jacket

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Introduction

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