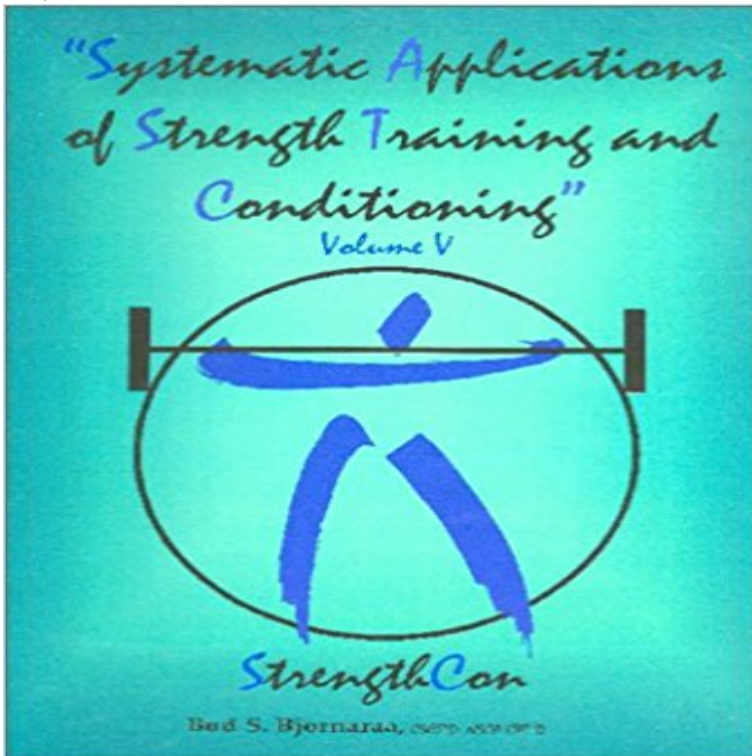


# Systematic Applications of Strength Training and Conditioning Volume IV



Volume IV The most extensive of all the volumes and covers in detail all the factors involved in functional strength training. Explains all the different programs and methods used to develop strength. An extensive predicted 1RM chart and many other poundage charts for determining workout poundage are diagrammed for easy utilization. The phases of periodization are explained in detail and formatted in workout sheet form for all sports as well as an assortment of other activities and general fitness in a way that is easy and convenient to follow on a weekly basis. A variety of testing protocols that evaluate all the key aspects of physical fitness and functional strength are thoroughly described and laid out in a way that's challenging and easy to administer. Includes mid-section anatomy and numerous abdominal exercises and complete programs for abdominal training. A brief overview of official lifting rules and strength standards are also a part of this volume. Included also is a glossary of common strength training and conditioning terminologies. This volume includes all the prescribed phases of sports and fitness weight training programs.

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