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At number eight in our list of the best strength training books is a no-nonsense approach to gaining muscle and strength. This book has 381 exercises and 116 programmes. It goes into great detail about strength, hypertrophy, power and muscular



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enhancement. It is  
therefore up to you  
to update it with the  
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possess and gain

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through training iterations. Figure 1.1 below depicts perfectly the difference between precision and significance, and the aim of this manual. Figure 1.1.

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Complementary  
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Strength  
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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.

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increase your  
knowledge, skills,  
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three goals in mind:

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The National Strength and Conditioning Association 's (NSCA

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For Coaches

allowed them to lift heavy weights with relatively little mass; most of it simply has to do with how they 're built. So, the 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

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25% for women) and  
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