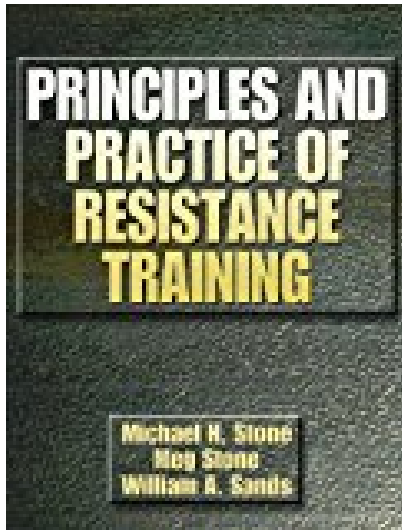


Principles and Practice of Resistance Training



BOOK DETAILS

- Author : Michael H. Stone
- Pages : 384 Pages
- Publisher : Human Kinetics
- Language : English
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BOOK SYNOPSIS

Suitable for strength and conditioning specialists, health and fitness professionals, personal trainers and exercise scientists, this book details the physiological and biomechanical aspects of designing resistance training programmes for improved power, strength and performance in athletes.

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