



A Unified Theory of Human Skeletal Muscle Growth and Application to Resistance Training (Paperback)

By Dr Scottie Howell

Outskirts Press, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.With so much information, hypotheses, and theories of human skeletal muscle growth in exercise science literature, integration of current thought has become imperative to the sports science community. At one point, most of the information concerning Myology was secluded in specialized fields of medicine. With a Unified Theory, other scientists can use this information by developing specific scientific inquiry and research to further the knowledge base of human skeletal muscle growth and development of superior training regimens.



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