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EFFECTS OF STRENGTH TRAINING



Effects of Strength Training
Efficacy of Different Strength Training on Selected
Hematological and Physiological Variables on Novice
Weight Trainers

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LAP Lambert Academic Publishing. Paperback. Condition: New. 196 pages. Dimensions: 8.7in. x 5.9in. x 0.5in. It is a common observation that whenever athletes go for an anaerobic type of training specifically strength training, their anaerobic capacity is enhanced but along with this it is also observed that the aerobic capacity of the athlete also improves. After comparing the pair-wise difference of adjusted means with critical difference, the Basic strength training had shown the most significant effect on improving the vital capacity...

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