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The 100 Best Strength Training Books Image by Live4Soccer (CC BY-ND 2.0) "This is the book that I wish I'd had when I began my training" is a common opening sentiment expressed by many authors of strength training books.

Strength Training 101 | Nerd Fitness

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THE BASICS OF TRAINING FOR SIZE OR STRENGTH

The simplest difference between building size and boosting strength is training volume. Hypertrophy requires more total training volume than strength-building does.

Training volume is the number of sets and reps you do in a given workout. The more exercises you do for a body part, and the more sets you do of a given exercise, the greater your training volume. Of course, there are other

Strength training - Wikipedia

Strength training is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles.

Best Beginner Weight-Training Guide With Easy-To-Follow ...

Strength training provides remarkable results in those who have tried and failed at overhauling their fitness with just diet or cardio. Consistent training (more than twice per week, for 12 weeks) can provide such benefits as: