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## The Physiology of Strength and Endurance

By William Lee Howard

Createspace, United States, 2015. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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. When properly performed, strength training can provide significant functional benefits and improvement in overall health and well-being, including increased bone, muscle, tendon and ligament strength and toughness, improved joint function, reduced potential for injury, increased bone density, increased metabolism, increased fitness, improved cardiac function, and improved lipoprotein lipid profiles, including elevated HDL ( good ) cholesterol. Training commonly uses the technique of progressively increasing the force output of the muscle through incremental weight increases and uses a variety of exercises and types of equipment to target specific muscle groups. Strength training is primarily an anaerobic activity, although some proponents have adapted it to provide the benefits of aerobic exercise through circuit training. Sports where strength training is central are bodybuilding, weightlifting, powerlifting, strongman, Highland games, shotput, discus throw, and javelin throw. Many other sports use strength training as part of their training regimen, notably American football, wrestling, track and...



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