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references: astrid, z., et al. balance training for neuromuscular control and performance enhancement: a systemic review. journal of athletic training, 2010; july-aug 45(4), 392-403 emery ca, meeuwisse wh. the effectiveness of a neuromuscular prevention strategy to reduce

injuries in youth soccer: a cluster-randomised controlled trial.

Prediction Of Energy Expenditure From Heart Rate ...

prediction of energy expenditure from heart rate monitoring during submaximal exercise.
publication: journal of sports sciences publication date: 01-mar-05

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the mechanisms of muscle hypertrophy and their application to resistance training brad j. schoenfeld global fitness services, scarsdale, new york abstract schoenfeld, bj. the mechanisms of muscle hypertrophy and their application to resistance training.

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Controversies In Strength Training Guidelines And ...

strength training controversies spring 2010 dr. robert a. robergs, ph.d., fasep, epc 1 controversies in strength training guidelines and recommendations

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practical guide to coaching in the workplace by mike barnett, 2009 coaching in the workplace this paper covers the main areas to consider when implementing coaching in the workplace:

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brain rules by john medina ~ references ~ 1 references exercise • jack lalanne pulling 70 boats (various 1984 sources). recent reference is: evans-bye d. (2006)

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epidemiology •no precise estimates of the global burden of human leptospirosis •becoming a common public health problem worldwide •estimated annual incidence (who) –0.1 to 1 per 100 000 per year in temperate climates

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