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publication prints original research information important to strength and conditioning practitioners. Many educational institutions, researchers, and professionals retain this journal as a valuable reference. Journal of Strength and Conditioning Research The strength and conditioning coach must know exactly what training outcomes are desired and design the training program to elicit those outcomes/adaptations . For instance, if an athlete desires to improve his 40-yard dash time, the strength and conditioning coach would not focus on exercises to improve endurance but would target exercises that produce maximal power for time periods of less than 10 seconds to bring about the desired outcome. Velocity-

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weekend athlete, or a strength

coach working with elite athletes, it

is important to be principled when

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designing strength and conditioning programs. By adhering to certain fundamental Basic Principles of Strength Training and Conditioning

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... Circuit training. Circuit training is a form of body conditioning or resistance training using high intensity aerobics. It aims at strengthening strength and muscle endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, begins the first exercise circuit.

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