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Robert Newton is the editor of Strength and Conditioning: Biological Principles and Practical Applications, published by Wiley. Kazunori Nosaka is the editor of Strength and Conditioning: Biological Principles and Practical Applications, published by Wiley.

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Dr. Marco Cardinale is the Head of Sports Physiology at

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Aspire Academy in Qatar. He was the former Head of Sports Science and Research of the British Olympic Association. Robert Newton is the editor of Strength and Conditioning: Biological Principles and Practical Applications, published by Wiley.. Kazunori Nosaka is the editor of Strength and Conditioning: Biological Principles and Practical ...

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Written by a team of leading international experts, this book

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Applications explores the latest scientific and practical developments in the field, providing an invaluable textbook for sports professionals and students. The first section introduces the biological principles essential for an understanding of the field.

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