



## Technology and Methods to Monitor Resistance Training: Applications in Health, Disease and Performance in Sport

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### Message from the Guest Editors

The science behind the application and innovation of new training methods is being improved due to the development of new technology. This technology provides new insights into modern ways to analyze human performance in sports but is also recognized as one of the primary therapeutic targets of interventions in older adults and clinical populations. Over the past few years, different resistance training equipment and new methods have been developed incorporating more objective and portable devices to measure physical fitness. The incorporation of these devices facilitates the use of standardized and feasible assessment protocols, allowing the identification of strength and muscle power patterns in daily practice. This Special Issue aims to provide new insights into the use of technology to understand and monitor physical performance during resistance training in different populations. Articles addressing this topic, more specifically on implementing new analysis on daily routines, are welcome.

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