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Biomechanics of Resistance Training - New Trends in Strength and Power Training

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Message from the Guest Editors

Dear Colleagues,

Resistance training is based on the use of external loading during human movement, where the mechanical variables play a crucial role. The mechanics of exercises can determine the performance outcomes, injury occurrence or the effect of specific training methods (such as post activation potential). Therefore, a great deal practical and theoretical fields can benefit from biomechanical approaches to resistance training.

The are two objectives of this special issue. First of all we would like to present how biomechanical approaches are related to resistance training, and what are the crucial biomechanical variables useful for resistance training practice. Special attention is given, but not limited to, kinematic differences in complex exercises, muscle activity during resistance exercises,



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Special Issue



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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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