

Special Issue

Progresses in Resistance Training

Message from the Guest Editor

This Special Issue will promote scientific "Progresses in Resistance Training", with a special emphasis on the new methodologies for muscular strength training and testing, either in the contexts of competitive athletes or in health promotion. Nowadays, it is well recognized that short- to medium-term resistance training interventions may produce relatively small but highly relevant and meaningful neuromuscular and functional performance changes. Thus, now more than ever, new data analysis, technology development, optimized testing protocols, and carefully designed training interventions are required to reliably determine the dose-response associated with resistance training. Dr. Javier Courel Ibáñez

Guest Editor

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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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