

## Special Issue

# Current Trends in Resistance-Training Programs

### Message from the Guest Editors

Resistance training is not only important for the development of maximal strength and overall athletic performance (e.g., jumping, sprinting, change of direction, or running economy), but it also confers unique benefits for the musculoskeletal system and can reduce injury rate. In this regard, the search for strategies that optimize resistance training programs should be of special consideration for coaches, strength and conditioning professionals, and researchers. The aim of this Special Issue of *International Journal of Environmental Research and Public Health (IJERPH)* is to provide novel insight into the latest trends, methods, or strategies used to optimize short- and long-term resistance training programs in an attempt to improve athletic performance or musculoskeletal health. Original articles, reviews, or case reports examining the acute or chronic effects of the manipulation of the resistance training variables are welcome in this Special Issue.

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### Guest Editors

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### Deadline for manuscript submissions

closed (31 December 2021)



## International Journal of Environmental Research and Public Health

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### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

*IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

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### Editor-in-Chief

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