



## Resistance Training for Performance and Health

Guest Editor:

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### Message from the Guest Editor

Resistance training (RT) is an important modality of exercise, not only for athletes, but also for the general population. It is well known that RT increases strength and muscle mass, but it can also improve performance, power, and velocity in athletes. RT is a multifaceted type of exercise, and should be investigated more thoroughly and rigorously by taking into account the variables involved, including: (1) muscle action used, (2) type of resistance used, (3) volume (total number of sets and repetitions), (4) exercises selected and workout structure (e.g., the number of muscle groups trained), (5) the sequence of exercise performance, (6) rest intervals between sets, (7) repetition velocity, and (8) training frequency.

The aim of this Special Issue is to attract papers that address the role of RT in performance and health, taking into account the different variables of RT. We welcome experimental studies that examine the effect of different resistance training programs on muscle function and morphology, sport performance and health outcomes. Review articles and meta-analyses are also welcome.

