

Special Issue

Physiological and Biomechanical Foundations of Strength Training

Message from the Guest Editor

The Special Issue entitled "Physiological and Biomechanical Foundations of Strength Training" aims to explore the intricate mechanisms underlying strength development, emphasizing the integration of physiological and biomechanical principles in training methodologies. This issue seeks to advance the scientific understanding of how various factors—ranging from muscle architecture and neuromuscular function to biomechanics and applied training strategies—contribute to optimizing strength performance. We encourage interdisciplinary perspectives that bridge gaps between research and practical application in athletic performance, rehabilitation, and health promotion.

Guest Editor

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Editor-in-Chief

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