

Special Issue

Strength Training and Performance Enhancement in Athletes, 2nd Edition

Message from the Guest Editor

Strength training is a crucial component of athletic performance and plays a critical role in improving muscle strength, power, and endurance. The second volume of this Special Issue continues to explore the latest research and advancements in the field of strength training and its impact on enhancing athletic performance. Therefore, we welcome contributions on various topics related to strength training, including the following: Resistance training and its effects on muscle strength, muscle hypertrophy, power, and/or endurance; The effect of altering technique variations on kinematics and kinetics in different resistance exercises; The impact of strength training on the enhancement of athletic performance; The use of technology/data analytics in performance monitoring during strength training and the enhancement of athletic performance; The influence of anthropometrics, age, gender, and other relevant factors on performance enhancement in strength and athletic performance.

Guest Editor

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Deadline for manuscript submissions

closed (31 March 2025)



Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.7
Indexed in PubMed



mdpi.com/si/208473

*Journal of Functional
Morphology and Kinesiology*
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Editor-in-Chief

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