

## Special Issue

# Advanced Strength Training and Nutrition: Cutting-Edge Strategies for Peak Performance

### Message from the Guest Editor

In the pursuit of optimal athletic performance, advanced strength training and nutrition are paramount, serving as foundational pillars for enhancing an individual's physical capabilities. The application of contemporary strength training methodologies not only facilitates the augmentation of muscular strength but also emphasizes the preservation of musculoskeletal health, ensuring that athletes can perform at their highest capacity while mitigating the risk of injury. Through meticulous programming, athletes are able to achieve substantial gains in force production and endurance, which are essential for success across various sports disciplines. Equally critical is the role of sports supplementation, which, when strategically employed, can bolster training outcomes by optimizing energy availability, accelerating muscle repair, and improving overall recovery. A well-rounded nutritional strategy enhances the body's ability to adapt to intense training regimens, supporting long-term athletic development.

### Guest Editor

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### Deadline for manuscript submissions

30 November 2025



## Journal of Functional Morphology and Kinesiology

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Impact Factor 2.5  
CiteScore 3.7  
Indexed in PubMed



[mdpi.com/si/222824](https://mdpi.com/si/222824)

*Journal of Functional  
Morphology and Kinesiology*  
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