

## Special Issue

# Nutrition Strategy and Resistance Training

### Message from the Guest Editor

Resistance training is essential for athletic performance and overall health, promoting muscle hypertrophy, strength development, and metabolic adaptations. Despite extensive research on the relationship between resistance training and nutrition, several critical aspects remain underexplored. Questions persist regarding optimal protein intake, the efficacy of various supplements, and the influence of specific dietary patterns on resistance training outcomes across diverse populations. Furthermore, growing evidence suggests that individualized nutritional strategies may be necessary to maximize training benefits. This Special Issue, “*Nutrition Strategy and Resistance Training*”, aims to advance our understanding of the interplay between nutrition and resistance training. We invite submissions of original research, cohort studies, systematic reviews, and meta-analyses exploring dietary strategies, supplementation, and their effects on resistance training adaptations. By gathering cutting-edge research, this issue seeks to contribute to evidence-based recommendations that optimize resistance training outcomes.

### Guest Editor

Prof. Dr. Jungjun Park

Department of Sport Science, Pusan National University, Busan 46241, Republic of Korea

### Deadline for manuscript submissions

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## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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