

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

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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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