

## Special Issue

# Nutrition and Supplementation Strategies to Enhance Resistance Training Adaptations

### Message from the Guest Editor

Resistance training is a cornerstone of physical preparation, with the interaction between nutrition, supplementation strategies, and resistance exercise being pivotal in optimizing muscular adaptations. As such, nutritional supplementation strategies have become the subject of continual scientific inquiry. This Special Issue aims to explore cutting-edge research related to nutritional supplementation strategies aimed at promoting resistance training adaptations. We invite authors to contribute original research, reviews, and unique perspectives addressing current works related to enhancing resistance training outcomes for health and athletic performance via nutritional supplementation strategies.

### Guest Editor

Prof. Dr. Stephen P. Bird

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### Deadline for manuscript submissions

closed (15 December 2024)



## Nutrients

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### 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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