

CONTENTS

Foreword	1
Introduction.....	2
The Poliquin International Certification Program	
Chapter 1	5
Classification of Strength Qualities	
Chapter 2.....	11
Manipulating Reps for Optimal Strength Gains	
Chapter 3.....	41
Manipulating Sets for Optimal Strength Gains	
Chapter 4.....	55
The Science of Rest Intervals	
Chapter 5.....	65
The Science of Tempo	
References	79
Afterword	85

Mission Statement

It is the mission of the Poliquin International Certification Program to globally foster and educate our strength coaches and personal trainers. Providing them with superior education and practical application, in turn will raise the level of sport performance and healthy lifestyle ideas. Poliquin Performance was founded on this philosophy and continues to be our driving force to help us remain the world leader in strength and conditioning education.

Program Overview

The Poliquin International Certification Program (PICP) recognizes strength coaches around the world who demonstrate the knowledge and skills able to effectively train athletes internationally.

Higher-quality strength coaching is an imperative component in improving sports performance. The PICP will provide strength coaches with unsurpassed skills in program design and teaching methodologies.

Poliquin Performance Theory Manual

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Poliquin Performance Theory Manual:

The Complete Guide to Functional Training Allan Collins, 2015-12-24 As well as being the concept in fitness and strength and conditioning functional training is also probably the most poorly understood concept in fitness Functional training is any exercise that improves your ability to perform tasks required in your day to day life job or chosen sport so that each movement included as part of your workout mimics a range of motion or engages muscles that are necessary to impact on performance whether it be on the rugby pitch or simply the ability to lift small children out of car seats Includes over 100 functional exercises and detailed pictures and descriptions of all the techniques show you clearly how to apply them into your training programme

Routledge Handbook of Strength and Conditioning Anthony Turner, 2018-02-01 Drawing on the latest scientific research this handbook introduces the essentials of sport specific strength and conditioning programme design for over 30 different sports Enhanced by extensive illustrations and contributions from more than 70 world leading experts its chapters present evidence based best practice for sports including football rugby tennis hockey basketball rowing boxing golf swimming cycling and weightlifting as well as a variety of wheelchair sports Every chapter introduces the fundamental requirements of a particular sport such as the physiological and biomechanical demands on the athlete and describes a sport specific fitness testing battery and exercise programme Additional chapters cover the adaptation of programme design for special populations including female athletes young athletes and athletes with a disability Drawing on the experiences of Olympic and Paralympic coaches and trainers it offers original insights and practical advice from practitioners working at the highest level Innovative comprehensive and truly international in scope the Routledge Handbook of Strength and Conditioning is vital reading for all strength and conditioning students and an invaluable reference for strength and conditioning coaches and trainers

The Complete Guide to Kettlebell Training Allan Collins, 2015-12-08 The perfect introduction to kettlebell training a hugely popular piece of equipment with tried and tested results A kettlebell is a weight that looks like a cannonball with a handle Originating from Russia kettlebell training is now a global phenomenon with clubs gyms and individuals investing in equipment and training Weights range from 4kg to 48kg They differ from dumbbells and barbells in that the centre of mass is offset from the handle so the weight constantly pulls against your hand improving coordination and anaerobic fitness and strengthening your core muscles Kettlebells can be used for a variety of purposes from weight loss to strength training by people with a range of fitness levels Popular with celebrities such as Penelope Cruz and Sylvester Stallone they are also used for training players at Chelsea and Liverpool football clubs and in 2010 the British Army got on board when their PTI corp responsible for the Army's physical training signed up to a 30 day course designed and implemented by the author The book includes information on the benefits of kettlebell training and how to use the equipment safely and provides warm ups drills and training programmes for beginner intermediate and advanced levels From buying a kettlebell to training for weight loss it's a comprehensive guide to a popular new fitness tool

Sports

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Table of Contents Poliquin Performance Theory Manual

1. Understanding the eBook Poliquin Performance Theory Manual
 - The Rise of Digital Reading Poliquin Performance Theory Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Poliquin Performance Theory Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Poliquin Performance Theory Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Poliquin Performance Theory Manual
 - Personalized Recommendations
 - Poliquin Performance Theory Manual User Reviews and Ratings
 - Poliquin Performance Theory Manual and Bestseller Lists

5. Accessing Poliquin Performance Theory Manual Free and Paid eBooks
 - Poliquin Performance Theory Manual Public Domain eBooks
 - Poliquin Performance Theory Manual eBook Subscription Services
 - Poliquin Performance Theory Manual Budget-Friendly Options
6. Navigating Poliquin Performance Theory Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Poliquin Performance Theory Manual Compatibility with Devices
 - Poliquin Performance Theory Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Poliquin Performance Theory Manual
 - Highlighting and Note-Taking Poliquin Performance Theory Manual
 - Interactive Elements Poliquin Performance Theory Manual
8. Staying Engaged with Poliquin Performance Theory Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Poliquin Performance Theory Manual
9. Balancing eBooks and Physical Books Poliquin Performance Theory Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Poliquin Performance Theory Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Poliquin Performance Theory Manual
 - Setting Reading Goals Poliquin Performance Theory Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Poliquin Performance Theory Manual
 - Fact-Checking eBook Content of Poliquin Performance Theory Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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