Respiratory Muscle Training - Physiopedia


A Simple Guide to Periodization for Strength Training - Breaking Muscle


Strength & Conditioning Journal - Lippincott Williams & Wilkins

The process of a muscle contracting can be divided into 5 sections: A nerve impulse arrives at the neuromuscular junction, which causes a release of a chemical called Acetylcholine. The presence of Acetylcholine causes the depolarization of the motor endplate which travels throughout the muscle by the transverse tubules, causing Calcium (Ca++) influx.

Eccentric Muscle Contractions: Risks and Benefits - PubMed ...

Skeletal muscle - Wikipedia

Muscle strength is a result of three overlapping factors: physiological strength (muscle size, cross-sectional area, available crossbridging, responses to training), neurological strength (how strong or weak is the signal that tells the muscle to contract), and mechanical strength (muscle’s force angle on the lever, moment arm length, joint).

The following are examples of simple fitness tests which can easily be reproduced from a lab and measure strength, power, anaerobic endurance, local muscular endurance, aerobic endurance, flexibility, balance, reaction time and body composition.

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