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Journal for strength coaches, personal trainers, physical therapists, athletic trainers, and other health professionals working in the strength and conditioning field.

About the Journal : Strength & Conditioning Journal

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Adam Virgile (@adamvirgile) served as the Assistant Strength and Conditioning Coach for the New York Rangers hockey team (2013). In 2015, he became th ...

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and fitness enthusiasts is to perform cardiovascular exercise early in the morning on an empty stomach. This strategy was popularized by Bill Phillips in his book, "Body for Life" (). According to Phillips, performing 20 minutes of intense aerobic exercise after an overnight fast has greater

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Journal of the National Strength and Conditioning Association (NSCA). The purpose "SCJ Podcasts" is to highlight current topics in the journal related to the field of strength and conditioning.

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He is also certified by the National Strength and Conditioning Association (NSCA). Prior to his time at Tennessee, Fitzgerald spent four seasons as the head strength and conditioning coach with ...

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