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[Velocity-Based Training Overview for the Tactical Operator, with Bryan Mann | NSCA.com](#)

Velocity-Based Training Overview for the Tactical Operator, with Bryan Mann | NSCA.com von NSCA vor 2 Jahren 53 Minuten 6.045 Aufrufe Velocity , -based training (VBT) has been generating a lot of buzz lately. In this session from the NSCA's 2017 TSAC Annual ...

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[*The Velocity Philosophy Episode 1 - VBT at the SF Giants*](#)

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[*How to Test Your 1 Rep Max | Jim Stoppani, PhD*](#)

How to Test Your 1 Rep Max | Jim Stoppani, PhD von Bodybuilding.com vor 2 Jahren 8 Minuten, 22 Sekunden 364.261 Aufrufe Jim Stoppani teaches you how to properly work towards your 1 rep max. Your 1 rep max is also used to find out how much you ...

[*#324 The Problem with Percentage Based Programs*](#)

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#324 The Problem with Percentage Based Programs von Barbell Logic vor 7 Monaten 50 Minuten 1.409 Aufrufe Matt, Andrew, and Niki continue their roundtable discussions in Matt's library and whiskey sanctuary (or is it a whiskey sanctuary ...

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Why You Shouldn't Train For Powerlifting Like Greg Doucette - Success In Spite of Suboptimal Methods von Curlean-X vor 1 Monat 22 Minuten 10.921 Aufrufe Greg Doucette was a phenomenal powerlifter. But should you train with the methods he says he uses? More importantly, is he ...

[100 Duck-Sized Bres | Starting Strength Radio #92](#)

100 Duck-Sized Bres | Starting Strength Radio #92 von Starting

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Strength vor 2 Tagen 1 Stunde, 6 Minuten 11.594 Aufrufe Mark Rippetoe answers questions from Starting Strength Radio fans in this Q\u0026A episode featuring a strong return of Comments ...

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Should You Test Your 1 Rep Max For Hypertrophy? von Renaissance Periodization vor 7 Monaten 15 Minuten 28.989 Aufrufe Submit your questions to Mike on the weekly RP webinar: ...

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Testing All My One Rep Max Lifts | Skinny Kid Bulking Up von Joe Fazer vor 4 Monaten 8 Minuten, 22 Sekunden 118.181 Aufrufe Shop at MyProtein (Use Code \"JOE\" for 30% off your entire order)- <https://bit.ly/3dGZodO> Instagram - joefazer Snapchat- ...

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[3 Most Important Guidelines to Program for Maximum Strength / PART 1](#)

**3 Most Important Guidelines to Program for Maximum Strength / PART 1 von Zack Telander vor 3 Jahren 7 Minuten, 50 Sekunden 260.479 Aufrufe Re-uploaded and within Copyright! Special Thanks to All Things Gym Youtube:
[https://www.youtube.com/user/allthingsgym ...](https://www.youtube.com/user/allthingsgym)**

[The Pain \u0026 Injury Roundtable \(ft. Dr Mike Israetel, Dr. Jordan Feigenbaum \u0026 Greg Nuckols\)](#)

The Pain \u0026 Injury Roundtable (ft. Dr Mike Israetel, Dr. Jordan Feigenbaum \u0026 Greg Nuckols) von OmarIsuf vor 1 Jahr 1 Stunde, 27 Minuten 36.851 Aufrufe [TIME STAMPS] 0:00 Intro 1:46 Discussion Begins 2:54 Operational Definition of an Injury 11:15 Operational Definition of Pain ...

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[**Seattle Q/A Part 1: How to read the research, least favorite Instagram questions, and more!**](#)

Seattle Q/A Part 1: How to read the research, least favorite Instagram questions, and more! von Barbell Medicine vor 2 Jahren 54 Minuten 20.123 Aufrufe Timestamps 01:07 Changing food when regaining weight 02:33 Reading research as a lay person 10:17 How long to focus on ...

[**THE Boris Sheiko Interview: Strength \u0026 Powerlifting**](#)

THE Boris Sheiko Interview: Strength \u0026 Powerlifting von OmarIsuf vor 3 Jahren 1 Stunde, 12 Minuten 40.820 Aufrufe **TIMESTAMPS (Thanks To IPullSumolEatButt)** 00:19 - What is the optimal frequency for the 3 main lifts, particularly the squat?

[**3 Categories of Jump Training | Developing Explosive Power**](#)

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3 Categories of Jump Training | Developing Explosive Power von Flow High Performance vor 2 Jahren 12 Minuten, 12 Sekunden 519 Aufrufe This presentation will cover how jump training can be classified into 3 categories, and how each category can be used the training ...

[Lyle McDonald - Optimal Training, Volume, Men vs Women - Charity Podcast](#)

Lyle McDonald - Optimal Training, Volume, Men vs Women - Charity Podcast von Brains and Gains Podcast vor 1 Jahr 50 Minuten 5.463 Aufrufe Lyle McDonald is well known in the fitness industry, having become interested in human performance and physiology from the ...

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