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National Strength And Conditioning Association (NSCA ...

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Cal/Applied”. Each Of These Involves Corresponding Activities, Responsibil-ities, And Knowledge Requirements (refer To Appendices 1 And 2): Scientific Foundations. Exercise Sciences (e.g., Anatomy, Exercise Physiology, Biomechanics, Sport Psychology) Nutrition Practical/Applied. Exercise 12th, 2024

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OFFICIAL RULES - NSSA-NSCA

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HYPERTROPHY - NSCA

Growth Hormone (primary Anabolic Hormones); Compared To Heavy Loads (1-5 Reps, >85% 1RM) With Long Rest Periods (2-5 Minutes) And Light Loads (12+ Reps,