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Email :aagaeini@ut.ac.ir

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Archive of SID

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- 1 - Strength
 - 2 - Resistance Training
 - 3 - Overload

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Archive of SID

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- 1 - Pyramid
 - 2 - Oxford
 - 3 - Reverse Pyramid
 - 4 - Delorm
 - 5 - Westcott
 - 6 - Youth National Strength and Conditioning
 - 7 - Baechle
 - 8 - Kystebed
 - 9 - Clarke
 - 10 - Hakkinen and Kraemer



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- 1 - Chapman and Mayhew
 - 2 - Cronin
 - 3 - Zinoviouf
 - 4 - Heavy to light
 - 5 - William
 - 6 - Herring

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- 1 - Moris and Elkins
 - 2 - Leigton
 - 3 - Delorme
 - 4 - Bompa



$$1RM = \frac{\text{مقدار بار (وزنه)}}{\text{تعداد تکرار (۱-۰/۰۲)}} \times 1RM$$

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- 1 - Krups
 - 2 - One Repetition maximum

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1 - Overcompensation
2 - Motor Units

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