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# Strength Training And Coordination Door Frans Bosch

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volumes, intensity, timing, integration in  
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So why would strength training benefit a skill-based sport like tennis so much, because it develops coordination. Strength training is a workout for the CNS as much as it is for the muscles. The CNS gets better at coordinating contractions, developing the neural network to muscle fibers, and becoming more and more efficient.

## ~~Strength Training for Coordination + Coach Alex Slezak~~

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Monthly December 2020 December 15, 2020 - 04:45; GAINcast Episode 204: Prepare for the game (with Eddie Jones) December 14, 2020 - 05:44 Coaching across the spectrum of styles December 12, 2020 - 17:01

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Strength Training and Coordination: An Integrative Approach is the translation of the fully revised second edition of the Dutch-language book Krachttraining en coördinatie, een integratieve benadering, which originally appeared in 2012.

~~Strength training and coordination: an integrative ...~~

Let's see why neural efficiency may be the missing link in your training. And how it combines with factors like fascia and dynamical systems theory to result in virtuos, coordinated expressions of strength and power. The Problem With Isolation. The mistake many make with functional training, is to train muscle groups in isolation.

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Strength Training and Coordination: An Integrative Approach is the translation of the fully revised second edition of the Dutch-language book Krachttraining en coördinatie, een integratieve benadering, which originally appeared in 2012. It will be of interest not only to students of sport science and physiotherapy, but also to sport and other ...

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