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« How we use strength and conditioning programmes (Land/Water) « Main components of a program

â€¢ Example of exercises â€¢ Principles of Training â€¢ Putting it all together. Why do gym training? â€¢ Strength training as basis for rowing performance â€¢ Improve muscular endurance â€¢ Improve strength â€¢ Improve power â€¢ Gain muscle mass ...

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Mike Durand CSCS, SCCC, USAW . What Facilities do you have available ... First, Strength & Conditioning activities should be planned, and the required number of qualified staff should be present, such ... exercises, thus improving performance during competition.

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