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Written by Brad Schoenfeld, PhD, a leading authority on muscle hypertrophy, this text is a definitive resource for strength and conditioning professionals, researchers, and instructors.

Science and Development of Muscle Hypertrophy - Brad

The Science and Development of Muscle Hypertrophy Brad Schoenfeld is one of a new crop of exercise scientists who come from a background of strength training and/or bodybuilding.

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Science and Development of Muscle Hypertrophy is a comprehensive compilation of science-based principles to help professionals develop muscle hypertrophy in athletes and clients. With more than 825 references and applied guidelines throughout, no other resource offers a comparable quantity of content solely focused on muscle hypertrophy.

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For many decades, the field of muscular hypertrophy development has been dominated by anecdote, opinion and legend: if a bodybuilder with an impressive physique says so, then it is so, and on and on tradition is passed to the new generation, with many of the assumptions and lore never questioned.

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