

CONTENTS

Foreword	1
Introduction.....	2
The Poliquin International Certification Program	
Chapter 1	5
Classification of Strength Qualities	
Chapter 2.....	11
Manipulating Reps for Optimal Strength Gains	
Chapter 3.....	41
Manipulating Sets for Optimal Strength Gains	
Chapter 4.....	55
The Science of Rest Intervals	
Chapter 5.....	65
The Science of Tempo	
References	79
Afterword.....	85

Mission Statement

It is the mission of the Poliquin International Certification Program to globally foster and educate our strength coaches and personal trainers. Providing them with superior education and practical application, in turn will raise the level of sport performance and healthy lifestyle ideas. Poliquin Performance was founded on this philosophy and continues to be our driving force to help us remain the world leader in strength and conditioning education.

Program Overview

The Poliquin International Certification Program (PICP) recognizes strength coaches around the world who demonstrate the knowledge and skills able to effectively train athletes internationally.

Higher-quality strength coaching is an imperative component in improving sports performance. The PICP will provide strength coaches with unsurpassed skills in program design and teaching methodologies.

Poliquin Picp Manual

Jason Shea



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Table of Contents Poliquin Picp Manual

1. Understanding the eBook Poliquin Picp Manual
 - The Rise of Digital Reading Poliquin Picp Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Poliquin Picp Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Poliquin Picp Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Poliquin Picp Manual
 - Personalized Recommendations
 - Poliquin Picp Manual User Reviews and Ratings
 - Poliquin Picp Manual and Bestseller Lists

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 - Poliquin Picp Manual Compatibility with Devices
 - Poliquin Picp Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Poliquin Picp Manual
 - Highlighting and Note-Taking Poliquin Picp Manual
 - Interactive Elements Poliquin Picp Manual
8. Staying Engaged with Poliquin Picp Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Poliquin Picp Manual
9. Balancing eBooks and Physical Books Poliquin Picp Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Poliquin Picp Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Poliquin Picp Manual
 - Setting Reading Goals Poliquin Picp Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Poliquin Picp Manual
 - Fact-Checking eBook Content of Poliquin Picp Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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