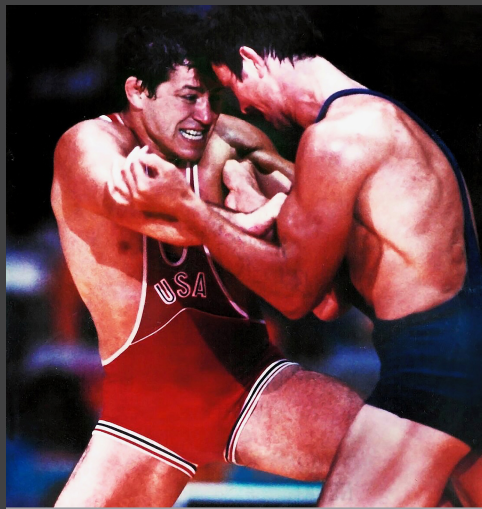




Physiology and Nutrition for Amateur Wrestling

Charles Paul Lambert, PhD



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Physiology and Nutrition for Amateur Wrestling

Charles Paul Lambert

Physiology and Nutrition for Amateur Wrestling is essential reading for amateur wrestlers and their coaches with a desire to learn about physiological training and nutrition for their sport. Written by Charles Lambert, PhD, a competitive wrestler and academic expert in high-intensity exercise, this book is both scientific and practical. It describes the primary physiological systems involved in amateur wrestling and discusses strategies for monitoring overall training load. It will appeal to wrestlers, coaches and those working in applied physiology research and exercise science.

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