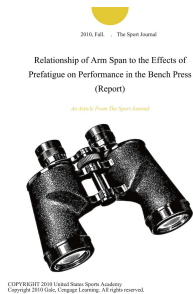


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RELATIONSHIP OF ARM SPAN TO THE EFFECTS OF PREFATIGUE ON PERFORMANCE IN THE BENCH PRESS REPORT EBOOKS 2019



Author: The Sport Journal

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Introduction Muscular strength is one essential component contributing to optimal athletic performance (4). The development of upper body strength typically involves high-resistance, low-repetition exercises using larger muscle masses to increase the maximal force generation by a muscle or muscle group. The ability of individuals to adapt positively to increasing training loads requires careful consideration of the volume and intensity of the exercises (1). Regardless of precise planning by the coach, an athlete's physical limitations may prevent optimal adaptation, or physical gifts may instead promote adaptation (4).

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