



# Essentials of Eccentric Training

*Len Kravitz, Aaron Bubbico*

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**Essentials of Eccentric Training** Len Kravitz, Aaron Bubbico

Essentials of Eccentric Training is the first comprehensive resource covering this innovative approach to resistance training and conditioning. The text provides the physiological explanations, exercises, and sample programs beneficial to introducing eccentric training into clients' workouts.

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