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- 1 - Strength
  - 2 - Resistance Training
  - 3 - Overload

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- 1 - Pyramid
  - 2 - Oxford
  - 3 - Reverse Pyramid
  - 4 - Delorm
  - 5 - Westcott
  - 6 - Youth National Strength and Conditioning
  - 7 - Baechle
  - 8 - Kystebed
  - 9 - Clarke
  - 10 - Hakkinen and Kraemer



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- 1 - Moris and Elkins
  - 2 - Leigton
  - 3 - Delorme
  - 4 - Bompa



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- 1 - Krups
  - 2 - One Repetition maximum

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