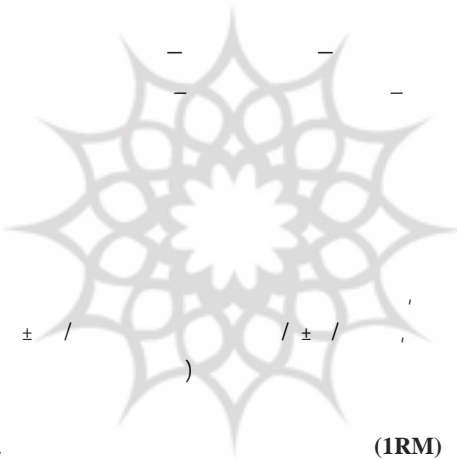


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پژوهشگاه علوم انسانی و مطالعات فرهنگی
رتال جامع علوم انسانی
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پروہش گاہ علوم انسانی و مطالعات فرہنگی
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- 1 - Pyramid
- 2 - Oxford
- 3 - Reverse Pyramid
- 4 - Delorm
- 5 - Westcott
- 6 - Youth National Strength and Conditioning
- 7 - Baechle
- 8 - Kystebed
- 9 - Clarke
- 10 - Hakkinen and Kraemer



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شروېشگاه علوم انساني و مطالعات فرهنگي

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- 1 - Chapman and Mayhew
 - 2 - Cronin
 - 3 - Zinoviouf
 - 4 - Heavy to light
 - 5 - William
 - 6 - Herring

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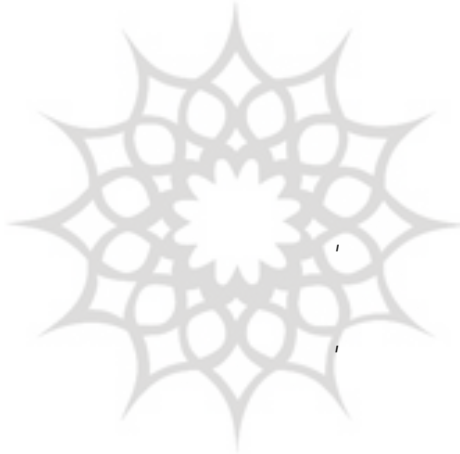
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پروژه نگاه علوم انسانی و مطالعات فرهنگی

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



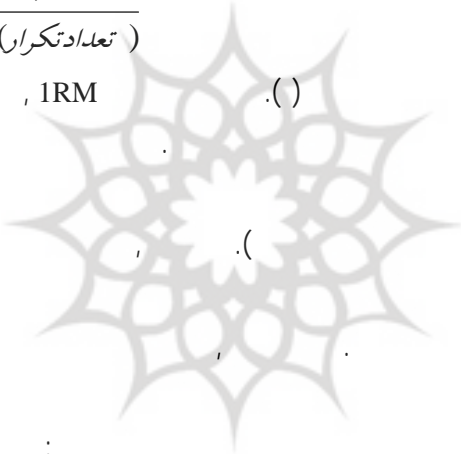
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$$1RM = \frac{\text{مقدار بار (وزنه)}}{\text{تعداد تکرار (۱-۰/۰۲)}}$$

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پروژه نگاه علوم انسانی و مطالعات فرهنگی

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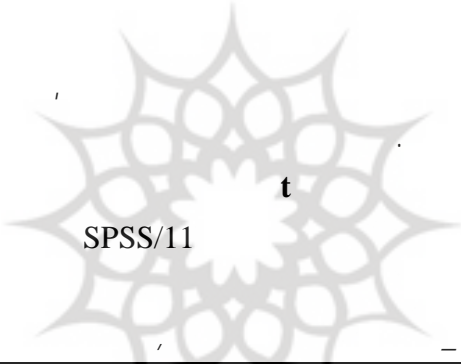
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1 - Krups

2 - One Repetition maximum

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پہاں جامع علوم انسانی IEMG

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- 1 - Overcompensation
 - 2 - Motor Unints

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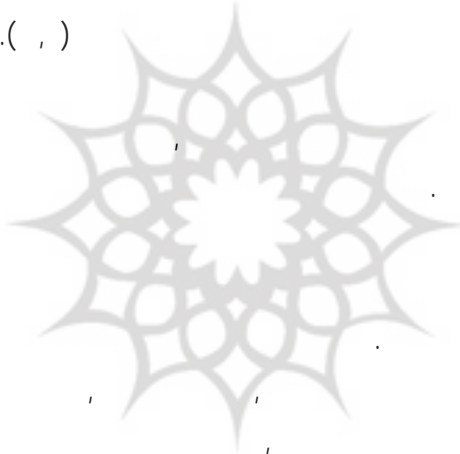
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