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Nutrition and Supplementation Strategies to Enhance Resistance Training Adaptations

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Deadline for manuscript
submissions:

5 June 2024

Message from the Guest Editor

Resistance training is a cornerstone of physical preparation, with the interaction between nutrition, supplementation strategies, and resistance exercise being pivotal in optimizing muscular adaptations. As such, nutritional supplementation strategies have become the subject of continual scientific inquiry. This Special Issue aims to explore cutting-edge research related to nutritional supplementation strategies aimed at promoting resistance training adaptations. We invite authors to contribute original research, reviews, and unique perspectives addressing current works related to enhancing resistance training outcomes for health and athletic performance via nutritional supplementation strategies.



mdpi.com/si/188925

Special Issue



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Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

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