

Training Monitoring for Resistance Exercise: Theory and Applications

This is the Accepted version of the following publication

Scott, BR, Duthie, Grant, Thornton, HR and Dascombe, BJ (2016) Training Monitoring for Resistance Exercise: Theory and Applications. Sports Medicine, 46 (5). 687 - 698. ISSN 0112-1642

The publisher's official version can be found at http://link.springer.com/article/10.1007/s40279-015-0454-0 Note that access to this version may require subscription.

Downloaded from VU Research Repository https://vuir.vu.edu.au/32754/

