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- Factors Affecting the Speed of Interior Linemen, Speed Tests and Expectations in Major League Baseball, Incorrect Sprinting Form Emphasis, *What Research Tells the Coach About Sprinting: Control of foot trajectory in Human Locomotion--role of ground reaction force in simulated reduced gravity, Limitations to maximum sprinting speed imposed by mechanical properties, and, Changes in muscle mechanical advantage of human runners during sprint acceleration*; Nutrition and Health: Coffee and Longevity, Sudden Cardiac Arrest and Fat Consumption, Vitamin-fortified Foods and the Immune System, Coffee and Weight Loss, Rebound Fat, Sugary Drinks and Obesity, The Reason People Overeat, Saving Lives - An Easier Way.
- September, 2012
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- March, 2012
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- General Guidelines for an Off-Season Drug-free Muscle-Weight Gain Program, Muscle Growth Stimulation, The "Speed Gene" and Young Athletes, Coaches Health: The Effects of Three Different Regimes and the Nature of the Resultant Changes; Reducing Blood Pressure *What*

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- July, 2009
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- May, 2009
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- Eliminating the In-season Detraining Effect, In-season maintenance training for team sports, In-season speed-strength training for sprinters, Comparative Speed of Humans and Animals, Nutritional needs of Power Athletes, Athletic Skills of Female Athletes, Changing the Shape of your Body, How They Train: Bill Bates in 1986, Overtness and Obesity in the U.S., The Role of Exercise in Controlling Body Weight and Fat.
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- Having Speed is One Thing: Knowing How to Use it is Another, The Effectiveness of Drills as a Speed Improvement Technique, The Principle of Work Hypertrophy, The Athlete's Forgotten Side: Developing the Recessive Hand and Foot in Sports, Speed Improvement and Stages of Development, When to Start Your Child in Sports, The Proper Use of Sugar for Energy, Preparing for Road Trips.
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