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American College of Sports Medicine position stand. Progression models in resistance training for healthy adults Med Sci Sports Exerc. 2009 Mar;41(3):687-708. doi: 10.1249/MSS.0b013e3181915670. Author American College of Sports Medicine. PMID: 19204579 DOI: 10.1249/MSS ...

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American College of Sports Medicine position stand. Exercise and fluid replacement Med Sci Sports Exerc. 2007 Feb;39(2):377-90. doi: 10.1249/mss.0b013e31802ca597. Authors American College of Sports Medicine; Michael N Sawka, Louise M Burke, E Randy Eichner, Ronald J Maughan, Scott J Montain, Nina S Stachenfeld. PMID: 17277604 ...

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