

Chapter 1

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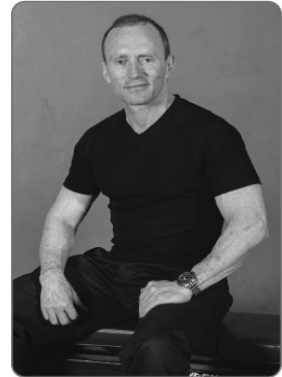
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Chapter 12

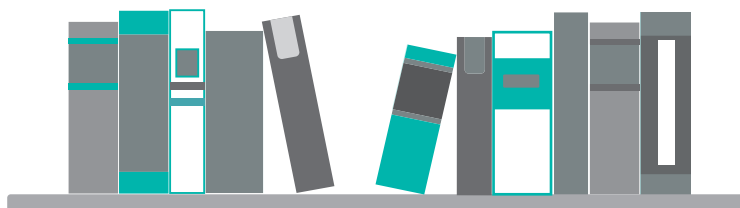
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درباره‌ی مولف

برد شونفلد، Phd،^۱ CSCS،^۲ NSCA-CPT،^۳ FNSCA،^۴ در سطح بین المللی به عنوان یکی از برجسته ترین اساتید در زمینه هایپرتروفی عضلانی شناخته می‌شود. شونفلد بهترین مربی خصوصی سال ۲۰۱۱ انجمن ملی قدرت و بدنسازی امریکه^۵ (NSCA) شد. او در طول ورزش بدنسازی هیچوقت از داروها استفاده نکرده است و چندین عنوان بدنسازی نچرال را به دست آورده است. او به‌عنوان یک مربی خصوصی، با ورزشکاران متعدد نخبه و افراد برتر، کار کرده است. شونفلد در سال ۲۰۱۶ جایزه تناسب اندام دوایت دی. آیزنهاور را دریافت کرد که توسط آکادمی ورزشی ایالات متحده برای دستاوردهای برجسته در تناسب اندام و برای کمک به رشد و توسعه تناسب اندام ورزشی از طریق فعالیت‌های برجسته ارائه می‌شود. او همچنین برنده جایزه پژوهشگر جوان برجسته NSCA در سال ۲۰۱۸ بود. او نویسنده چندین کتاب از جمله علم و توسعه هایپرتروفی عضله^۶ و کتاب قوی و تراشیده^۷ است. او تقریباً در همه مجلات تناسب اندام اصلی منتشر شده فعالیت دارد و در صدها برنامه تلویزیونی و برنامه‌های رادیویی در سراسر ایالات متحده ظاهر شده است. در حال حاضر، او ستون "از دکترعضله بپرسید" را برای سایت Bodybuilding.com می‌نویسد. شونفلد دکترای خود را در ارتقای سلامت و تندرستی در دانشگاه Rocky Mountain به دست آورد، جایی که تحقیقاتش بر روی توضیح مکانیسم هایپرتروفی عضلانی و کاربرد آنها در تمرینات مقاومتی متمرکز بود. او بیش از ۳۰۰ مقاله علمی منتشر کرده است و در هیئت‌های مشاوره تحریریه مجلات، از جمله مجله تحقیقات قدرت و بدنسازی^۸ و مجله انجمن بین‌المللی تغذیه ورزشی^۹ فعالیت دارد. شونفلد استاد تمام علوم ورزشی در کالج لمن در برانکس، نیویورک و مدیر برنامه تحصیلات تکمیلی در عملکرد انسانی و تناسب اندام می‌باشد. وی پیش از این به عنوان مشاور تغذیه ورزشی با سازمان هاکی نیوجرسی فعالیت می‌کرد.




1. Certified strength and Conditioning specialist
2. Certified special population specialist
3. NSCA -Certified personal Trainer
4. Fellow of the national strenght and conditioning
5. National strenght and conditioning association
6. Science and development of muscle hyper trophy
7. Streng and sculpted
8. gournal of strenght and conditioning research
9. gourand of the international society of sports nutrition



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