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Mission Statement

It is the mission of the Poliquin International Certification Program to globally foster and educate our strength coaches and personal trainers. Providing them with superior education and practical application, in turn will raise the level of sport performance and healthy lifestyle ideas. Poliquin Performance was founded on this philosophy and continues to be our driving force to help us remain the world leader in strength and conditioning education.

Program Overview

The Poliquin International Certification Program (PICP) recognizes strength coaches around the world who demonstrate the knowledge and skills able to effectively train athletes internationally.

Higher-quality strength coaching is an imperative component in improving sports performance. The PICP will provide strength coaches with unsurpassed skills in program design and teaching methodologies.

Poliquin Performance Theory Manual

RJ Alexander



Poliquin Performance Theory Manual:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Poliquin Performance Theory Manual**

In a world inundated with displays and the cacophony of instant interaction, the profound energy and psychological resonance of verbal artistry usually diminish in to obscurity, eclipsed by the continuous assault of sound and distractions. However, situated within the musical pages of **Poliquin Performance Theory Manual**, a captivating work of fictional brilliance that impulses with fresh feelings, lies an remarkable journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, this mesmerizing opus books visitors on a psychological odyssey, softly revealing the latent possible and profound affect embedded within the elaborate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is key subjects, dissect its captivating writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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