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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

**SJ Ball**



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