# KUVVET ANTRENMAN YÖNTEMLERİNDE KİNETİK ve KİNEMATİKLER ETKİLER

**Serdar BAYRAKDAROĞLU**

*Bu Çalışma danışmanlığını Dr. Öğretim Üyesi Nuri TOPSAKAL ve Doç. Dr. İbrahim CAN 'ın yaptığı Serdar BAYRAKDAROĞLU'ya ait Doktora Tezinden üretilmiştir.

**ISBN**
978-605-258-735-5

**Kitap Adı**
Kuvvet Antrenman Yöntemlerinde Kinetik ve Kinematikler Etkiler

**Yazar**
Serdar BAYRAKDAROĞLU

**Yayın Koordinatörü**
Yasin Dilmen

**Sayfa ve Kapak Tasarımı**
Akademisyen Dizgi Ünitesi

**Yayıncı Sertifika No**
25465

**Baskı ve Cilt**
Sonçağ Matbaacılık

**Bisac Code**
SPO000000

**DOI**
10.37609/akya.1390

**GENEL DAĞITIM**
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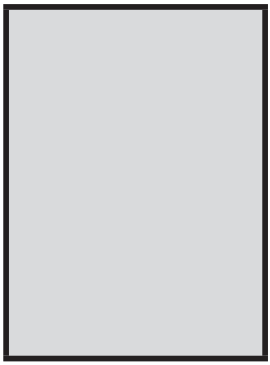

# İÇİNDEKİLER

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