

**BONES OF IRON: COLLECTED ARTICLES ON THE
LIFE OF THE STRENGTH ATHLETE**

Todd O. Myles

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Bones of Iron: Collected Articles on the Life of the Strength Athlete by Matt Foreman

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A review of the effect of swim training and nutrition on bone mineral density in female athletes

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Noakes T. Intakes of selected nutrients, bone mineralisation and density of adolescent female swimmers over a three-year period.

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The chapters are a few with a much humor and helpful training information, and the experienced coach the information will be reaffirming.