



*et al.*,

bouncing

*of Strength and Conditioning Research* *The Journal*

---

*and Performance* *. International Journal of Sports Physiology*

---

*Journal of Strength & Conditioning Research* 31 *The*

---

*The Journal of Strength and Conditioning Research* 30

---

*and Conditioning Research, 31* *The Journal of Strength*

---

*Journal of Sports Physiology and Performance, 12* *International*

---

*Physical preparation guidelines and testing battery*

*The*

*application of this research meant we had fencers who were fit and able to cope with the intensity and frequency of training and competitions, certainly something that gave us a competitive edge over our opponents. This focus, as a result of the research, had a significant positive effect on the physical preparation of our fencers and it can be credited with enabling us to achieve our performance milestones.”*

*“I knew that there was an advantage to be gained by bringing Anthony in to advise and work with our national teams. His presence and the testing and training programs he introduced have been hugely appreciated by athletes and coaches, ensuring our athletes are in the best physical condition possible to aid us in achieving our vision for Olympic success; I’m pleased to say that our performances are steadily improving”*



