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You can save articles, manage email alerts, and easy revisit frequent searches. Introduction. Stretching has long been considered an integral part of the training routine for athletes and is used across all disciplines as a tool of preparation, performance enhancement and injury prevention (Trehearn & Buresh, 2009 Trehearn, T., & Buresh, R. (2009). Hier sollte eine Beschreibung angezeigt werden, diese Seite lässt dies jedoch nicht zu. Strength training is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles.