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Effects of stretching on performances involving

effects of stretching on performances involving the stretch-shortening cycle studies assessing the acute effect of static stretching reported a
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Acute effect of passive static stretching on

1. J Strength Cond Res. 2013 Apr;27(4):973-7. doi: 10.1519/JSC.0b013e318260b7ce. Acute effect of passive static stretching on lower-body strength in moderately
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Abstract. The results of previous research have shown that passive muscle stretching can diminish the peak force output of subsequent maximal isometric, concentric

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This study examined the short-term effects of warm-up, static stretching and dynamic stretching on hamstring Stout JR: Acute effects of static versus

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Abstract. Objective: To examine the acute effects of static stretching and its duration on maximal muscular performance. Data Sources: PRISMA guidelines for reviews

The acute effects of static and ballistic

The Acute Effects of Static and Ballistic Stretching: on Human Hamstring Muscle Flexibility and Associated Levels of Perceived Soreness [Andrea Peabody]

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Acute effects of passive muscle stretching on

Given the deleterious effect of passive muscle stretching in a laboratory setting on skills relying on the rate of force production and peak force generation, one

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1992) has been used extensively in sport psychology research, and in the sport and exercise Vertical jump height increased stretching was not

A review of the acute effects of static and

1. Eur J Appl Physiol. 2011 Nov;111(11):2633-51. doi: 10.1007/s00421-011-1879-2. Epub 2011 Mar 4. A review of the acute effects of static and dynamic stretching on

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acute effects of static, dynamic, and proprioceptive neuromuscular facilitation stretching on muscle power in women

Acute effect of muscle stretching on the

Acute effect of muscle stretching on the steadiness of sustained submaximal contractions of the plantar flexor muscles. Emika Kato, St phanie Vieillevoeye,

Stretching - wikipedia, the free encyclopedia

It has been shown for example that intensive stretching has a synergistic effect with Plyometric training by protecting the joint and making it more receptive

Acute effects of passive muscle stretching -

The results of previous research have shown that passive muscle stretching can diminish the peak force output of subsequent maximal isometric, concentric and stretch

Acute effects of a warm-up including active,

Acute Effects Of A Warm-Up Including Active, Passive, And Dynamic Stretching On Vertical Jump Performance

Dynamic flexibility vs. static stretching for warm

N.A., & Yusof, A. (2011). Acute Effect of Static and Dynamic Stretching on Hip Dynamic Range of Motion During Instep Kicking in Professional Soccer Players.

Acute effects of static and dynamic stretching on

The negative effects of SS are attributed to mechanical more studies are needed to clarify the acute effects of stretching on balance and coordination of

Acute effects of stretching duration on the range

The aim of the present study was to investigate the acute effects of stretching duration on the Effects of duration on passive stretching on hip abduction

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Acute effects of static stretching on muscle

This study investigated the acute effects of static stretching (SS)

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