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In experiment 1, the knee-flexion muscle strength endurance exercise was measured by exercise performed at 60 and 40% of body weight following either a no-stretching or stretching regimen.

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16/2/2004 · Journal of Strength and Conditioning Research, Volume 27 – Issue 1 – p 195–201. “Results of this study demonstrated that the increase in ROM is significantly greater after PNF stretching than after static stretching for hamstring muscles.”

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Stretching is a form of physical exercise in which a specific muscle or tendon (or muscle group) is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion. Stretching is also used therapeutically to alleviate cramps and to improve function in ...

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Plyometric training for the UE should always be preceded by and coincide with other forms of resistance and flexibility training until and adequate base (foundation) of strength and flexibility has been established. Plyometric exercises need to be integrated into the totality of the rehabilitation or conditioning program.

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2/4/2019 · How to Warm Up For Squats (Mobility, Dynamic Stretching, & Activation) 9 Best Overhead Press Alternatives. Resources. Barroso, R., Silva-Batista, C., Tricoli, V. Roschel, H., Ugrinowitsch, C. (2013). The Effects of Different Intensities and Durations of The General Warm-Up on Leg Press 1RM. Journal of Strength and Conditioning Research. 27(4 ...

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