

Acute Effects Of Static Stretching, Proprioceptive Neuromuscular Facilitation Stretching, And Maximum Voluntary Contractions On Explosive Force ... Research Quarterly For Exercise And Sport [HTML] [Di By Warren Young;Simon Elliott

By Warren Young;Simon Elliott

Acute Effects of Static Stretching, Proprioceptive Neuromuscular Facilitation Stretching, and Maximum Voluntary Contractions on Explosive Force Production and Jumping

<http://www.tandfonline.com/doi/abs/10.1080/02701367.2001.10608960>

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http://issuu.com/stargym/docs/gymnastics_reasearch_-_cheryl_hoffman

Computerised Dynography in Hemiparesis: Case study. Uploaded by Deepak Anap. gait line, histogram, force gait line, force graphic, Research Interests:

http://www.academia.edu/8168716/Computerised_Dynography_in_Hemiparesis_Case_study

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

<http://www.ncbi.nlm.nih.gov/pubmed/22692125>

Acute Effects of Dynamic Stretching, Static Stretching, and Light Aerobic Activity on Muscular Performance in Women. Curry, Brad S; Chengkalath, Devendra; Crouch

http://journals.lww.com/nsca-jscr/Abstract/2009/09000/Acute_Effects_of_Dynamic_Stretching_Static.26.aspx

Acute effects of static stretching on peak torque and mean power output in National Collegiate Athletic Association Division I women's basketball players.

<http://issuu.com/mlbpitching/docs/effects-of-acute-static-stretching-of-the-throwing>

Abstract. Recent studies have questioned the benefits of static stretching in the sports warm-up. The purpose of our research was to examine the acute effect of

<http://thesportjournal.org/article/effect-of-dynamic-versus-static-stretching-in-the-warm-up-on-hamstring-flexibility/>

Static stretching is a type of stretch whereby a person stretches the multiple stretching exercises should be used to gain the full effects of stretching.

<http://en.wikipedia.org/wiki/Stretching>

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<http://www.amazon.com/Stretching-Proprioceptive-Neuromuscular-Facilitation-Contractions/dp/B0009FGMEY>

acute effects of self-myofascial release and static stretching on shoulder range of motion and performance in overhead athletes with glenohumeral internal rotation

<http://scholarship.shu.edu/cgi/viewcontent.cgi?article=3048&context=dissertations>

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

<http://www.amazon.com/Acute-Effects-Static-Ballistic-Stretching/dp/365929117X>

Acute effects of static stretching on peak torque and mean power output in national collegiate An acute bout of static stretching: Effects on force and jumping

http://www.academia.edu/1112976/Acute_Effects_Of_A_Warm-Up_Including_Active_Passive_And_Dynamic_Stretching_On_Vertical_Jump_Performance

Abstract Background. Static stretching (SS) with hip flexion and knee extension is often used to stretch the hamstrings. However, it is unclear whether there are the

<http://www.sciencedirect.com/science/article/pii/S1356689X15000247>

The aim of the present study was to examine whether the duration of acute static stretching is responsible for losses Acute effects of static stretching on peak

<http://www.sciencedirect.com/science/article/pii/S1360859205000495>

Ronica Martinez 7 Does stretching help prevent injuries? 97 to the quality of sport and exercise medicine research exercise (static

<http://www.doc4net.com/doc/1177327408177>

Acute Static Stretching Does Not Affect Golgi Tendon Organ Reflex Inhibition The effect of chronic stretching programs on GTO inhibition is unknown and

https://www.ndsu.edu/fileadmin/hde/research/K._Miller_-_Acute_Static_Stretching.pdf

Journal of Medical Economics; Journal of Drug Some studies have investigated the acute effect of static stretching protocol alone or in combination with the

<http://informahealthcare.com/doi/full/10.3109/10582452.2013.827771>

Research Quarterly for Exercise and Sport effects of static stretching, proprioceptive neuromuscular facilitation stretching, and maximum voluntary contractions

<http://www.tandfonline.com/doi/full/10.1080/02640410600818416>

Nov 30, 2012 The purpose of this study was to compare the acute effects of static stretching; dynamic exercises and high volume upper extremity plyometric activity on

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3763304/>

The Acute Effect of Static Stretching of Quadriceps, Hamstrings and Gastrocnemius Muscles on Knee Joint Position Sense in Football Players

http://www.academia.edu/11408071/The_Acute_Effect_of_Static_Stretching_of_Quadriceps_Hamstrings_and_Gastrocnemius_Muscles_on_Knee_Joint_Position_Sense_in_Football_Players

Abstract: Abstract This work discusses the design and control approach of a 3 DOF waist joint for the " iCub" humanoid robot." iCub" is a child like crawling robot

http://www.academia.edu/2733108/Performance_Assessment_of_a_3_DOF_Differential_Based_Waist_joint_for_the

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<http://www.amazon.com/Stretching-Proprioceptive-Neuromuscular-Facilitation-Contractions/dp/B0009FGMEY>

Research Quarterly 33 (1962), 168 181 two variations of proprioceptive neuromuscular facilitation B. D. Franks: The effects of static stretching and warm-up

<http://www.readbag.com/spitta-de-fileadmin-tt-news-shop-pdf-v004502168-literaturverzeichnis-opt-training>

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