

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

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>

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.

<http://www.therapeuticassociates.com/events/dynamic-flexibility-versus-static-stretching-for-warm-up/>

The purpose of this study was to examine the acute effects of static stretching on peak torque (PT), the joint angle at PT, mean power output (MP), electromyographic

<http://link.springer.com/article/10.1007%2Fs00421-004-1199-x>

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>

Warren Young, Simon Elliott, Acute Maximum Voluntary Contractions on Explosive Force Production and Jumping Performance, Research Quarterly for Exercise and Sport

<http://onlinelibrary.wiley.com/doi/10.1111/j.1600-0838.1998.tb00171.x/citedby>

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/>

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

DISCUSSION : The study has been conducted to reveal the acute effects of static stretching, dynamic WU exercises and high volume upper extremity plyometric

<http://www.jssm.org/vol11/n4/4/v11n4-4text.php>

Abstract. Background and Purpose: Balance is an important part of everyday life for all individuals with many body systems interacting to achieve optimal balance.

<http://digitalscholarship.unlv.edu/thesesdissertations/1306/>

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 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, Proprioceptive Neuromuscular Facilitation Stretching, and Maximum Voluntary Contractions on Explosive Force Research Quarterly
<http://www.amazon.com/Stretching-Proprioceptive-Neuromuscular-Facilitation-Contractions/dp/B0009FGMEY>

Acute Effects of Static Stretching, Proprioceptive Neuromuscular Facilitation Stretching, and Maximum Voluntary Contractions on Explosive Force Research Quarterly
<http://www.amazon.com/Stretching-Proprioceptive-Neuromuscular-Facilitation-Contractions/dp/B0009FGMEY>
Acute Static Stretching Does Not Affect Golgi Tendon Organ Reflex Inhibition The effect of chronic stretching programs on GTO inhibition is unknown and
[http://www.ndsu.edu/fileadmin/hde/research/K. Miller - Acute Static Stretching.pdf](http://www.ndsu.edu/fileadmin/hde/research/K._Miller_-_Acute_Static_Stretching.pdf)

Gymnastics Research. Cheryl Hoffman Follow publisher. Be the first to know about new publications. Follow publisher Cheryl Hoffman. Info; Share. Spread the word.
http://issuu.com/stargym/docs/gymnastics_research_-_cheryl_hoffman

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>

Static stretching involves slowly Effects of acute exercise on mood and Kellis E. Effects of two 4-week proprioceptive neuromuscular facilitation
http://journals.lww.com/acsm-msse/Fulltext/2011/07000/Quantity_and_Quality_of_Exercise_for_Developing.26.aspx

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

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 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>

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

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>

The negative effects of SS are attributed to Coburn J., Beck T. (2005) The acute effects of static stretching on peak torque, mean power output

<http://www.jssm.org/research.php?id=jssm-13-403.xml>

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