

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

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

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 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

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>

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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

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>

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

Recommended Citation. Fairall, Ryan R., "Acute effects of self-myofascial release and static stretching on shoulder range of motion and performance in overhead

<http://scholarship.shu.edu/dissertations/2023/>

This study examined the short-term effects of warm-up, static stretching and dynamic stretching on hamstring
Stout JR: Acute effects of static versus dynamic
<http://www.biomedcentral.com/1471-2474/10/37>

The Acute Effects of Static Stretching on Speed and Agility Performance Depend on Stretch Duration and
Conditioning Level. Avloniti, Alexandra; Chatzinikolaou
http://journals.lww.com/nsca-jscr/Fulltext/publishahead/The_Acute_Effects_of_Static_Stretching_on_Speed.97315.aspx

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>

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>

Title A review of the acute effects of static and dynamic stretching on performance Journal European Journal of
Applied Physiology Volume 111, Issue 11, pp 2633-2651

<http://link.springer.com/article/10.1007/s00421-011-1879-2>

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>

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>

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>

Sports Injuries - Mechanisms, Prevention and Proprioceptive Neuromuscular Facilitation may lessen the effects of
acute pain during exercise

<https://www.scribd.com/doc/36005808/Sports-Injuries-Mechanisms-Prevention-and-Treatment-2nd-Ed-F-Fu-D-Stone-Lippincott-1994-WW>

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>

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

<http://www.medscape.com/viewarticle/777155>

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 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 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>

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