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review were based on

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recommendations for
RT. The ACSM
guidelines recommend
2-3 ...

**Resistance training
interventions across
the cancer control
continuum: a
systematic review of
the implementation
of resistance
training principles**

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Results from this study suggest low awareness of, and adherence to, previously published guidelines for administering preventive exercise programs as developed by the AHA/ACSM. The main findings ...

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The Omni - Perceived Exertion Scale for Resistance Exercise (OMNI-RES) and for aerobic target zone (0-10 Borg Scale) will be used according guidelines for exercise intensity management.

**Aquatic Exercise for
Knee Osteoarthritis
in Overweight and
Obese Individuals**

The SR test was performed using the

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procedures outlined in the ACSM manual. 2 A standard SR box was placed on the floor, by placing tape at a right angle to the 38 cm mark. The participant sat on the ...

Comparison of three different sit and reach tests for measurement of hamstring flexibility in female university students

This was a 5-year

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observational,
longitudinal study on
the menopausal
transition. The study
included 94
premenopausal women
at baseline (age:
 49.9 ± 1.9 years; BMI:
 23.3 ± 2.3 kg/m²).
Body ...

Effects of the menopausal transition on dietary intake and appetite: a MONET Group Study

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