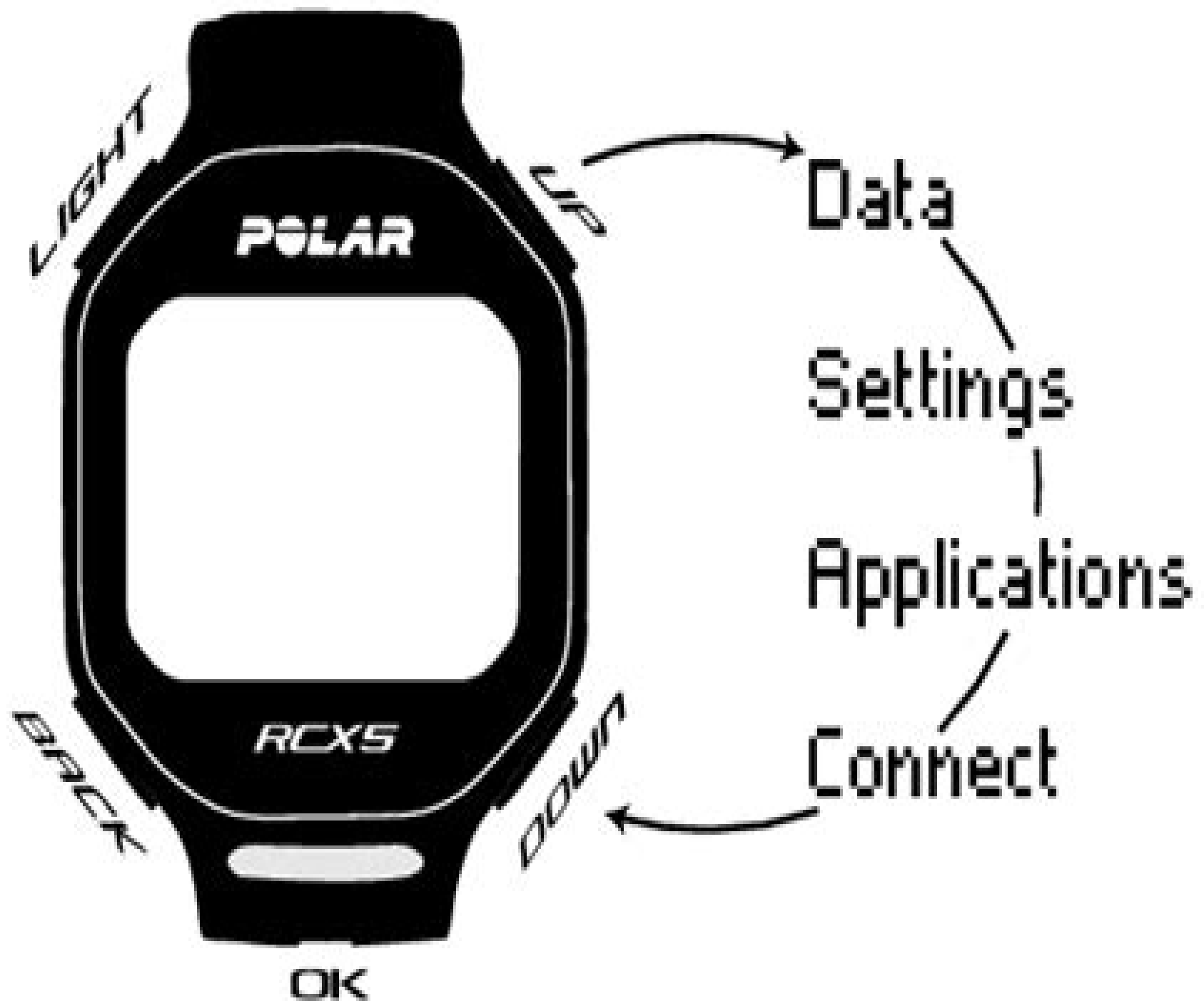




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Additionally a description of a research project performed expressly for inclusion in this book is given the study aims to determine normative values for leg stiffness for young healthy non athletes during single vertical jumps to maximal and specific heights A final chapter covers additional perspectives enabling the reader to acquire different perspectives on measuring leg stiffness during vertical jumps across a breadth of information and interpretations *Measuring Leg Stiffness During Vertical Jumps Theory and Methods* is an ideal book for researchers and practitioners in the fields of biomedical engineering biomechanics and sport sciences

Nutrition, Health and Athletic Performance Kelly Pritchett, Enette Larson Meyer, 2018-07-04 This book is a printed edition of the Special Issue Nutrition Health and Athletic Performance that was published in *Nutrients*

Physical and Cognitive Frailty in the Elderly: An Interdisciplinary Approach Martina Amanzio, Sara Palermo, 2021-07-28 *Characteristics of blood flow restriction (BFR) protocols enhancing aerobic and anaerobic fitness, muscle strength and hypertrophy* Gregory C. Bogdanis, Adam Zajac, 2023-07-20

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