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Case Control Study

**Effects of resistance training on cardiovascular health in non-obese
active adolescents**

Clare Chung-Wah Yu, Alison Mary McManus, Hung-Kwan So, Ping
Chook, Chun-Ting Au, Albert Martin Li, Jack Tat-Chi Kam,
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A new direction in psychology and health: Resistance exercise ... - NCBI

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The Effects of Manual Resistance Training on Fitness in Adolescents

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作者: S Dorgo - 2009 - 被引用次数: 31 - 相关文章

Manual Resistance Training (MRT), an alternative to traditional resistance ... (N = 30) attended PE

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