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*Randomized Controlled Trial*

Stochastic resonance whole body vibration increases perceived muscle relaxation but not cardiovascular activation: A randomized controlled trial

Achim Elfering, Christian Burger, Volker Schade, Lorenz Radlinger,

#### Abstract

AIM: The aim of this randomized controlled trial was to investigate the acute effects of stochastic resonance whole body vibration (SR-WBV), including muscle relaxation and

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缺少字词: **perceived relaxation**

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缺少字词: **relaxation**

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