Do trainers pay enough attention to posture adjustment when athletes perform strength exercises in a leg press machine?

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New Trends and Issues

Abstract

*

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Sciences.

1. Introduction

1.1. Aims

2. Method

2.1. Participants

6,15

$M = 31,70$; $DT =$

2.2. Instruments

2.3. Procedure

3. Results

4. Interpretation

Figure 1. a) Regression analysis for the variables time and speed of flexion; (b) regression analysis for the variables amplitude and angle of flexion.

5. Conclusions

Acknowledgments

References

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