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ORIGINALS

Stretching exercises accompanied or not with music, reduce the stress level of pre-college student

Heart rate deflection point determined by D_{max} method is reliable in recreationally-trained runners

Influence of ladder climbing exercise on bone of rats induced to osteoporosis and immobilization

Semi-longitudinal analysis of physical status in madrilenian adolescents

REVIEWS

La vibración como terapia preventiva y tratamiento del dolor muscular tardío. Una revisión sistemática

its ergogenic effect in sport (first part)

