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### Effects Of Dynamic And Static Stretching Within General ...

Effects Of Dynamic And Static Stretching Within General And Activity Specific Warm-up Protocols Michael Samson 1, Duane C. Button 1, Anis Chaouachi 2 And David G. Behm 1 1 School Of Human Kinetics And Recreation, Memorial University Of Newfoundland, St John's, Newfoundland, Canada Jan 3th, 2024

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Power Performance Compared To Other Warm-up Protocols, But Most Studies Have Focused On Dry Land Modalities. PURPOSE: To Examine The Effects Of An SS Warm-up Versus A Dynamic Warm-up (DW) On Sprint Performance In Competitive Swimmers. Specifically, It Was Hypothesized That SS Prior To A 50-meter Sprint Would Attenuate Results Compared To DW. Jan 8th, 2024

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Soccer Players Conducted 3 Different Warm-up Protocols On 3 Nonconsecutive Test Days Within 1 Week. Each Test Day Occurred More Than 48 Hours After A Match Or Hard Phys-ical Training To Minimize The Fatiguing Effects Of Previous Exercise. The Warm-up Protocols Differed Only In The Mode Of Stretching Used, Whereas All Other Exercises Used In The Mar 3th, 2024

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Many Training Programs. In Track And Field Specifically, Warm-ups Is Thought To Be Essential. Warm-ups Generally Include A Short Aerobic Component, Drills Specific To The Event Area, And Lots Of Stretching; Yet Today Research Has Found Possible Detrimental Effects Caused By Stretching. In Sprinting, Where Forceful Contractions Are Essential, It Was Jan 7th, 2024

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