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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  
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Power Performance Compared To Other Warm-up Protocols, But Most Studies Have  
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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 Feb 8th, 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 16th, 2024



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Warm-up And Flexibility Treatments On Vertical Jump Performance. J Strength Cond Res. 2001;15:332-336. • 10: Marek SM, Cramer JT, Fincher AL, Massey LL, Et Al. Acute Effects Of Static And Proprioceptive Neuromuscular Facilitation Stretching On Muscle Strength And Power Output. J Athl Train. 2005;40:94-103. Mar 16th, 2024

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