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## **ORIGINALS**

The effect of weekly low frequency exercise on body composition and blood pressure of elderly women

Cardiac autonomic responses of trained cyclists at different training amplitudes

Preventive exercises after warming help to reduce injuries in football

Analysis of hip strength and mobility as injury risk factors in amateur women's soccer: a pilot study

## **REVIEWS**

Functional implications of the strength training on older adult: a literature review

Criteria to return to play sports after an injury

