

Leg strength declines with advancing age despite habitual endurance exercise in active older adults

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Journal of strength and conditioning research

2013; ePub(ePub):ePub

ARTICLE IDENTIFIERS

DOI: 10.1097/JSC.0000000000000208

PMID: 24045633

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 94664011

pISSN: 1064-8011

eISSN: 1533-4287

OCLC ID: 26407413

CONS ID: sn 92003466

US National Library of Medicine ID: 9415084

This article was identified from a query of the SafetyLit database.