

Effects of supervised vs. Unsupervised training programs on balance and muscle strength in older adults: a systematic review and meta-analysis

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Sports medicine

2017; 47(11):2341-2361

ARTICLE IDENTIFIERS

DOI: 10.1007/s40279-017-0747-6

PMID: 28573401

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 0112-1642

eISSN: 1179-2035

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

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