

Effects of a 10-week in-season eccentric-overload training program on muscle-injury prevention and performance in junior elite soccer players

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International journal of sports physiology and performance
2015; 10(1):46-52

ARTICLE IDENTIFIERS

DOI: 10.1123/ijsp.2013-0547

PMID: 24910951

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2005212175

pISSN: 1555-0265

eISSN: 1555-0273

OCLC ID: 58426616

CONS ID: not available

US National Library of Medicine ID: 101276430

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