

# **Agility-based exercise training compared to traditional strength and balance training in older adults: a pilot randomized trial**

Lichtenstein E, Morat M, Roth R, Donath L, Faude O.

PeerJ

2020; 8:e8781

## **ARTICLE IDENTIFIERS**

DOI: [10.7717/peerj.8781](https://doi.org/10.7717/peerj.8781)

PMID: [32328344](https://pubmed.ncbi.nlm.nih.gov/32328344/)

PMCID: [PMC7164429](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC7164429/)

## **JOURNAL IDENTIFIERS**

LCCN: [2012202862](https://lccn.loc.gov/2012202862)

pISSN: not available

eISSN: [2167-8359](https://www.elsevier.com/locate/S0190-8614)

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: [101603425](https://pubmed.ncbi.nlm.nih.gov/32328344/)

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