

Home-based exercise programmes improve physical fitness of healthy older adults: a PRISMA-compliant systematic review and meta-analysis with relevance for COVID-19

Chaabene H, Prieske O, Herz M, Moran J, Höhne J, Kliegl R, Ramirez-Campillo R, Behm DG, Hortobagyi T, Granacher U.

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