

Injury incidence and specific injury patterns in app-based bodyweight training (Freeletics): results of an international survey with 3668 participants

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BMC sports science, medicine and rehabilitation

2022; 14(1):e145

ARTICLE IDENTIFIERS

DOI: 10.1186/s13102-022-00525-y

PMID: 35883184

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: not available

eISSN: 2052-1847

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: 101605016

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