How much? How fast? How soon? Three simple concepts for progressing training loads to minimize injury risk and enhance performance Gabbett TJ.

Journal of orthopaedic and sports physical therapy 2019; ePub(ePub):ePub

ARTICLE IDENTIFIERS

DOI: 10.2519/jospt.2020.9256 PMID: 31726926 PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 79644045 pISSN: 0190-6011 eISSN: 1938-1344 OCLC ID: 04733348 CONS ID: sn 79002122 US National Library of Medicine ID: 7908150

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