

**Nordic walking training in elderly, a randomized clinical trial. Part II:  
Biomechanical and metabolic adaptations**

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Sports medicine open

2020; 6(1):e3

**ARTICLE IDENTIFIERS**

DOI: 10.1186/s40798-019-0228-6

PMID: 31932999

PMCID: not available

**JOURNAL IDENTIFIERS**

LCCN: 2015243329

pISSN: 2199-1170

eISSN: 2198-9761

OCLC ID: 919000647

CONS ID: not available

US National Library of Medicine ID: 101662568

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