



Muscle Responses and Adaptation in Exercise, Sport and Health

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submissions:

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Message from the Guest Editors

Dear Colleagues,

long-term exercise interventions (e.g. aerobics, strength training, stretching training) are frequently performed in various populations because they can lead to improvements in physical function. However, the influence of various exercise modalities on muscular adaptation has not been fully elucidated. Thus, the aim of this Special Issue is to establish effective exercises for muscular adaptation in various populations.

We invite investigators to contribute original research articles or review articles that will contribute to the body of evidence of understanding the effect of chronic exercise intervention on muscular adaptation and establish the effective approach for muscular adaptation. Investigators who have conducted research on these topics are invited to submit manuscripts for consideration for this Special Issue in *IJERPH*.

Keywords: exercise; resistance training; stretching intervention; muscle volume; MRI; ultrasound; muscle stiffness; muscle thickness; pennation angle; fascicle length





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Message from the Editor-in-Chief

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