



## Biochemical and Molecular Adaptation to Neuromuscular Conditioning

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submissions:

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### Message from the Guest Editors

Dear Colleagues,

Regular physical activity produces metabolic, physiological, hormonal, and molecular changes involving adaptations into biological systems and tissues. Moreover, regular exercise training not only increases the fitness level but also plays a pivotal role in preventing and in some cases delaying, as a form of non-pharmacological treatment, the insurgence of chronic diseases.

In fact, the adaptive response to regular exercise involves, at the cellular level, the upregulation of the hormonal and enzymatic system modulation in order to increase the protein synthesis and reduce oxidative damage. Nevertheless, the molecular bases for the adaptive changes in skeletal muscle mass, in neural plasticity and metabolic function, remain an area of intense research with the possibility of designing new therapeutic interventions.

For this Special Issue, studies on the impact of exercise on disease and health or sport performance presented in experimental studies focusing on adaptive mechanisms in human and animal models will be appreciated for publication as original or review articles.





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## Message from the Editor-in-Chief

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