

# The Repeated-Bout Effect

## Resources



### Reading

Nosaka & Aoki (2011). Repeated bout effect: research update and future perspective. *Brazilian Journal of Biomotricity*, 5(1); 5-15.

**LINK:** [https://www.researchgate.net/publication/228505821\\_REPEATED\\_BOUT\\_EFFECT\\_RESEARCH\\_UPDATE\\_AND\\_FUTURE\\_PERSPECTIVE](https://www.researchgate.net/publication/228505821_REPEATED_BOUT_EFFECT_RESEARCH_UPDATE_AND_FUTURE_PERSPECTIVE)

Markus et al (2020). Exercise-induced muscle damage: mechanism, assessment and nutritional factors to accelerate recovery *Eur J Appl Physiol*, 121(16)

**LINK:** [https://www.researchgate.net/publication/348345189\\_Exercise-induced\\_muscle\\_damage\\_mechanism\\_assessment\\_and\\_nutritional\\_factors\\_to\\_accelerate\\_recovery](https://www.researchgate.net/publication/348345189_Exercise-induced_muscle_damage_mechanism_assessment_and_nutritional_factors_to_accelerate_recovery)

Lin et al. (2015). Low-intensity eccentric contractions of the knee extensors and flexors protect against muscle damage. *Appl. Physiol. Nutr. Metab.* 40: 1004–1011

**LINK:** <https://pubmed.ncbi.nlm.nih.gov/26319562/>

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### Selected References

Minshull et al. (2012). Knee joint neuromuscular activation performance during muscle damage and superimposed fatigue. *J Sports Sci*, 1–10

**LINK:** [https://www.researchgate.net/publication/224938020\\_Knee\\_joint\\_neuromuscular\\_activation\\_performance\\_during\\_muscle\\_damage\\_and\\_superimposed\\_fatigue](https://www.researchgate.net/publication/224938020_Knee_joint_neuromuscular_activation_performance_during_muscle_damage_and_superimposed_fatigue)

Chen et al. (2011). Comparison in eccentric exercise-induced muscle damage among four limb muscles. *Eur J Appl Physiol* 111:211–223

Hirose et al. (2004). Changes in inflammatory mediators following eccentric exercise of the elbow flexors. *Exerc Immunol Rev*;10:75–90.

Brockett, et al. (2001). Human hamstring muscles adapt to eccentric exercise by changing optimum length. *Med. Sci. Sports. Exerc.* 2001, 783-790

Tseng et al. (2016). Protective effect by maximal isometric contractions against maximal eccentric exercise-induced muscle damage of the knee extensors. *Res Sp Med.* 24(3), 228–241.

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Notes