

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

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

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://www.researchgate.net/publication/232247323_Low-intensity_eccentric_contractions_attenuate_muscle_damage_induced_by_subsequent_maximal_eccentric_exercise_of_the_knee_extensors_in_the_elderly

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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

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