ORIGINAL ARTICLES

Strength training through split body routines versus full body routines in untrained individuals. A randomized study

Anthropometric characteristics and somatotype profile in amateur rugby players

Effects of blood flow restriction training on bone and muscle tissue: a pilot study

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Effect of supplementation with soy on inflammation and lactic acid induced by exhaustive physical exercise in rats

Association between the Yo-Yo intermittent recovery test and a high intensity intermittent exercise in Argentinian rugby players

REVIEWS

Vascular lesions associated with the padel practice. Paget-Schroetter syndrome

Tailored exercise as a protective tool in cardio-oncology rehabilitation: a narrative review