

## Accepted Manuscript

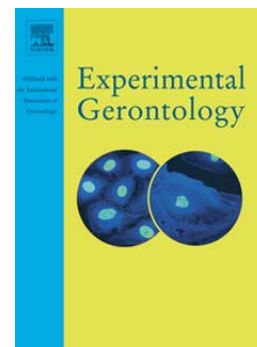
Functional strength training: Seated machine vs standing cable training to improve physical function in elderly

Anoop Balachandran, Maria M. Martins, Frederico G. De Faveri, Ozgur Alan, Funda Centinkaya, Joseph F. Signorile

PII: S0531-5565(16)30173-5  
DOI: doi: [10.1016/j.exger.2016.06.012](https://doi.org/10.1016/j.exger.2016.06.012)  
Reference: EXG 9866

To appear in: *Experimental Gerontology*

Received date: 11 March 2016  
Revised date: 12 June 2016  
Accepted date: 23 June 2016



Please cite this article as: Balachandran, Anoop, Martins, Maria M., De Faveri, Frederico G., Alan, Ozgur, Centinkaya, Funda, Signorile, Joseph F., Functional strength training: Seated machine vs standing cable training to improve physical function in elderly, *Experimental Gerontology* (2016), doi: [10.1016/j.exger.2016.06.012](https://doi.org/10.1016/j.exger.2016.06.012)

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

Functional Strength Training: Seated Machine vs Standing Cable Training to Improve Physical Function in Elderly

Anoop Balachandran, MS; Maria M Martins, BS; Frederico G De Faveri, BS; Ozgur Alan, MS; Funda Centinkaya, MS; Joseph F. Signorile, Ph.D.

University of Miami, Kinesiology and Sport Sciences, 1507 Levante Ave, 33146, Coral Gables, Florida

Running Title: Functional strength training

ACCEPTED MANUSCRIPT

Download English Version:

<https://daneshyari.com/en/article/8262757>

Download Persian Version:

<https://daneshyari.com/article/8262757>

[Daneshyari.com](https://daneshyari.com)