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Leg press exercise can reduce functional hamstring/quadriceps ratio in the elderly

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1 LEG PRESS EXERCISE CAN REDUCE FUNCTIONAL
2 HAMSTRING/QUADRICEPS RATIO IN THE ELDERLY

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16 ABSTRACT

17 The aim of this study was to investigate whether 12 weeks of leg press strength training
18 exercise could affect the conventional and functional hamstring/quadriceps ratios in
19 elderly. Twelve elderly participants were submitted to a 12 week progressive training
20 protocol (two sessions/week) using a 45° leg press exercise. A significant increase in the
21 one repetition maximum was observed after 4, 8, and 12 weeks ($p=0.001$, $p<0.001$, and
22 $p<0.001$, respectively) compared to week 0 and after 8 ($p=0.011$) and 12 weeks
23 ($p=0.001$) compared to week 4. The concentric knee extensor peak torque was

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