Accepted Manuscript

Title: Circuit resistance training is an effective means to enhance muscle strength in older adults

Authors: Assaf Buch, Ofer Kis, Eli Carmeli, Lital Keinan-Boker, Yitshal Berner, Yael Barer, Gabi Shefer, Yonit Marcus, Naftali Stern

PII: S1568-1637(17)30022-3

DOI: http://dx.doi.org/doi:10.1016/j.arr.2017.04.003

Reference: ARR 759

To appear in: Ageing Research Reviews

Received date: 29-1-2017 Revised date: 18-4-2017 Accepted date: 19-4-2017

Please cite this article as: Buch, Assaf, Kis, Ofer, Carmeli, Eli, Keinan-Boker, Lital, Berner, Yitshal, Barer, Yael, Shefer, Gabi, Marcus, Yonit, Stern, Naftali, Circuit resistance training is an effective means to enhance muscle strength in older adults. Ageing Research Reviews http://dx.doi.org/10.1016/j.arr.2017.04.003

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.



ACCEPTED MANUSCRIPT

Circuit resistance training is an effective means to enhance

muscle strength in older adults

A Systematic Review and Meta-analysis

^{1,2,3}Assaf Buch (MSc), ¹Ofer Kis (MPE), ^{1,4}Eli Carmeli (PhD), ^{5,6}Lital

Keinan-Boker (MD, PhD), ^{2,7}Yitshal Berner (MD, MPH), ²Yael Barer

(MSc), ¹Gabi Shefer (PhD), ^{1,2}Yonit Marcus (MD, PhD), ^{1,2}Naftali Stern

(MD)

¹Institute of Endocrinology, Metabolism and Hypertension, Tel Aviv Sourasky

Medical Center, Tel-Aviv, Israel

²The Sackler Faculty of Medicine Tel-Aviv University, Israel

³Robert H Smith Faculty of Agriculture, Food and Environment, The Hebrew

University of Jerusalem, Rehovot, Israel

⁴The Department of Physical Therapy, University of Haifa, Haifa, Israel

⁵School of Public Health, University of Haifa, Haifa, Israel

⁶ Israel Center for Disease Control, Israel Ministry of Health, Ramat Gan, Israel

⁷ Geriatric Medicine, Meir Medical Center, Kfar Saba, Israel

Address for correspondence and reprints

Assaf Buch, MSc

The Institute of Endocrinology Metabolism and Hypertension

Tel Aviv-Sourasky Medical Center, 6 Weizmann St., Tel-Aviv 64239, Israel. Tel:

+972-3-6973732; fax: +972-3-6974578

Email: buchasaf@gmail.com

Manuscript words count: 3386

1

Download English Version:

https://daneshyari.com/en/article/5500606

Download Persian Version:

https://daneshyari.com/article/5500606

<u>Daneshyari.com</u>