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Endocrine alterations from concentric vs. eccentric muscle actions: A brief review

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Abbreviations: eccentric, ECC; concentric, CON; growth hormone, GH; insulin-like-growth-factor I, IGF-I; left ventricular hypertrophy, LVH; one-repetition maximum, 1-RM; phosphatidylinositol 3-kinase-protein kinase B-mammalian target of rapamycin, P13K-Akt/mTOR; islet amyloid polypeptide, IAPP; follistatin-like 3 (Fstl3); body mass index, BMI

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