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Exercise and movement effects on frontal asymmetry

Frontal alpha asymmetry and aerobic exercise: are changes due to cardiovascular demand or bilateral rhythmic movement?

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Manuscript Highlights

- Bilateral rhythmic movement does not alter frontal alpha asymmetry.
- Exercise increases frontal alpha asymmetry scores 20 minutes post intervention.
- Bilateral rhythmic movement causes a brief increase in frontal alpha activity.

Abstract

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