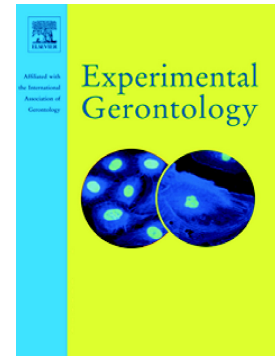


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Higher muscle power training volume is not determinant for the magnitude of neuromuscular improvements in elderly women

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Higher muscle power training volume is not determinant for the magnitude of neuromuscular improvements in elderly women

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Running head

Muscle power training volume in elderly women

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