

Accepted Manuscript

Title: Is inertial flywheel resistance training superior to gravity-dependent resistance training in improving muscle strength? A systematic review with meta-analyses

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PII: S1440-2440(17)31656-0
DOI: <https://doi.org/10.1016/j.jsams.2017.10.006>
Reference: JSAMS 1725

To appear in: *Journal of Science and Medicine in Sport*

Received date: 4-6-2017
Revised date: 31-8-2017
Accepted date: 6-10-2017

Please cite this article as: Vicens-Bordas J, Esteve E, Fort-Vanmeerhaeghe A, Bandholm T, Thorborg K. Is inertial flywheel resistance training superior to gravity-dependent resistance training in improving muscle strength? A systematic review with meta-analyses. *Journal of Science and Medicine in Sport* <https://doi.org/10.1016/j.jsams.2017.10.006>

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Is inertial flywheel resistance training superior to gravity-dependent resistance training in improving muscle strength? A systematic review with meta-analyses

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