

عنوان مقاله:

Effect of two types of resistance and functional training programs on myostatin and follistatin of young active men

محل انتشار:

فصلنامه فعالیت بدنی و هورمونها، دوره 5، شماره 2 (سال: 1403)

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خلاصه مقاله:

کلمات کلیدی:

Intense functional training

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/2058142>

