

# La tecnica del pre-esaurimento in super set

Fabrizio Liparoti

1. Gentil P et al. A review of the acute effects and long-term adaptations of single- and multi-joint exercises during resistance training. *Sports Med.* 2017 May;47(5):843-855.
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11. Fonseca RM et al. Changes in exercises are more effective than in loading schemes to improve muscle strength. *J Strength Cond Res.* 2014 Nov;28(11):3085-92.
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# Relazione lunghezza-tensione (LTR)

Lorenzo Pansini

1. Gentil P et al. A review of the acute effects and long-term adaptations of single- and multi-joint exercises during resistance training. *Sports Med.* 2017 May;47(5):843-855.
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## Deltoide laterale: esercizi e reclutamento muscolare

Andrea Roncari

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## Preparazione mondiale al microscopio

Riccardo Grandi

Nessun riferimento.

## Variazione degli stimoli allenanti e ipertrofia muscolare: un recente studio

Gianluca Improta

Nessun riferimento.

## Cos'è l'epitrocleite?

Angelo Fassio

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## Distribuzione proteica: il timing di assunzione delle proteine

Daniele Esposito

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## Integrazione sportiva: gli sport drink

Marco Perugini

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## Il mercurio e alimentazione quotidiana

Giacomo Bozzolino

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## Metaflammation: l'infiammazione di origine metabolica

Silvia Barbaresi

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## La dieta senza glutine ha un ruolo protettivo nelle malattie cardiovascolari?

Ivan Pitrulli

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## Olio extravergine di oliva: qualità in funzione del prezzo di vendita?

Gianluca Giuberti

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