

melhores casas de apostas para basquete

Although muscle strength, lean mass and bone mineral content/density (B) Tj T* BT

there is still no agreement on the RT regimen that is capable of achieving this result in men and women of different ages. This study describes the effects of RT on muscle strength, lean mass and bone mineralization, highlighting the relationships between them and analyzing the effectiveness of the RT protocol. Information searches were conducted in open access online academic libraries, using the BMC/BMD indices combined with muscle strength, body composition, and resistance exercises. The results showed changes in BMC/BMD in 72% of the studies published in the last decade. Among these, 77% recommended loads \leq 80% 1-RM, 61% involved older individuals (\geq 60 years) and 61% had training protocols of between 3 and 5 months (-12-20 weeks). The results also highlight muscle strength as a promising index of variations in BMC/BMD, with a moderate to high level of association (r^2) Tj T* BT /

body region with best responsiveness. Among the studies published in last decade, about 61% had protocols involving only RT, and of these, 82% observed combined changes in BMC/BMD, body composition and muscle strength. This review therefore concludes that RT is important for improving muscle strength, increasing lean mass (whole-body and regional) and preventing risk factors that could impair the mineral integrity of the bone tissue, in individuals of all ages and sexes. Level of Evidence I; Systematic review of Level I RCTs (and) Tj T* BT /F

Apesar de a força muscular, a massa magra e o conteúdo de densidade mineral (BMC/BMD) serem sistematicamente relatados com os principais resultados do treinamento resistido (TR), ainda não há acordo sobre o protocolo de TR capaz de promover esse resultado em homens e mulheres de diferentes faixas etárias. O presente estudo descreve os efeitos do TR sobre a força muscular, massa magra e mineralização; o conteúdo de densidade mineral, destacando as relações entre eles e analisando a eficiência do protocolo de TR. As pesquisas das informações foram feitas em bancos de dados acadêmicos de acesso aberto, usando os indexadores "BMC/BMD" combinados com força muscular, composição corporal e exerc