

Review Article

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Program design considerations for bone health in premenopausal women

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The purpose of this literature review is to critique training studies that have examined the effects of jump-landing programmes on bone health parameters in premenopausal women. Activities such as jumping and hopping have been proposed to achieve the desired unusual or atypical strain distributions on the skeleton for women who are habitually inactive and not involve ...

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Jump-landings that supersede bone health threshold requirements for premenopausal women

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Osteoporosis is a disease characterized by a reduction in the density and quality of bone leading to a weakness of the skeleton and associated increased risk of fracture [1]. The most common type of osteoporosis is termed primary osteoporosis and includes both postmenopausal and age-related osteoporosis, ...

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