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Research Article

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## The effect of exercise preconditioning with high-intensity interval training on cardiac protection following induction of myocardial infarction through mitochondrial dynamic changes in cardiac tissue in male rats

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Author(s): Azam Ahmadi\*, Majid Kashef, Hamid Rajabi and Mojtaba Salehpour

Exercise training prevents the adverse effects of Myocardial Infarction (MI) and Ischemia/Reperfusion (I / R) and it seems that mitochondria have an important role in exercise-induced cardioprotection. So, the purpose of this study was to investigate the effects of exercise preconditioning with 4 weeks of High-Intensity Exercise Training (HIIT) on cardiac damage and m ...

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Review Article

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## A review of ergogenic nutritional supplements for athletes

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Ergogenic supplements are defined as substances that contribute to or support the doing or production of a job. These supplements are used for many purposes such as increasing the performance of athletes, accelerating recovery in athletes, improving capacity, and reducing and preventing muscle injuries and muscle fatigue. Ergogenic supplements, which are of great inte ...

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Mini Review

## Swimming and aqua pole-walking

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The drag forces were measured during towing swimmers in static prone positions at various speeds. The drag force mostly depends on towing speed, and body position; the head above water or the head underwater. ...

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