



Test Your Limits: HIRT, HIIT, and Functional Training

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Message from the Guest Editors

Dear Colleagues,

During the last decade, the increasing popularity of high-intensity training programs has led to the development of new types of physical activity modalities, such as high-intensity interval training (HIIT), high-intensity resistance training (HIRT) and functional training. Although there are some similarities among these sports activities, each methodology has its characteristic advantages and disadvantages.

The evidence suggests that these programs have positive effects on athletes, with improvements in sport performance, body composition, and injury prevention. They have also been deemed beneficial in special population groups such as post-stroke patients, heart patients, and older adults.

The present Special Issue aims to provide new evidence about the implementation of these physical activity approaches in physical training in athletes, as well as the possible therapeutic effects of these activities.





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Message from the Editor-in-Chief

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