

## Selected scientific publications - nHANCE™ driven by YoYo Technology™: More than 25 years research!

***“Living systems are worn out by inactivity and developed by use”***

*Albert Szent-Györgyi, awarded the Nobel Prize Winner for Medicine or Physiology in 1937*

- Sports Performance
- Muscle
- Clinical
- Neural
- Concurrent Exercise
- Space

- ○ Tous-Fajardo J et al. Change of direction speed in soccer players is enhanced by functional inertial eccentric overload and vibration training. *Int J Sports Physiol Perform*, 11:66-73, 2016.
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- ○ Cotter JA et al. Concurrent Exercise on a Gravity-Independent Device during Simulated Microgravity. *Med Sci Sports Exerc.* 5: 990-1000, 2015.
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- ○ Cuenca-Fernandez F et al. Effect on swimming start performance of two types of activation protocols: lunge and YoYo squat. *J Strength Cond Res* 29: 647-655, 2015.
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- ● ● Tesch PA et al. Cardiovascular Responses to Rowing on a Novel Ergometer Designed for both Resistance and Aerobic Training in Space. *Aviat Space Environ Med.* 84: 516-521, 2013.
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*For a comprehensive list and update on research and activity “launches” from Karolinska Institutet with partners including nHANCE™ driven by YoYo Technology, see “Astronaut Exercise Prescriptions Promoting Health and Fitness on Earth” at [www.afit.se](http://www.afit.se).*