What is effective, may be effective, and is not effective for improvement of biochemical markers on muscle damage and inflammation, and muscle recovery? A Systematic Review of PubMed’s Database

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Introduction: The Homo sapiens has one of the most amazing characteristic, adaptability. And when adaptability comes to mind, exercising is just by side. Exercising brings many benefits for our body and it is the greater stimulus to trigger musculoskeletal adaptation, starting at mitochondrial level (i.e. biogenesis) to muscular level (i.e. hypertrophy). Mainly when t ...