

## REFERENCIAS PARA EL PROGRAMA WUSHU GUAN

TEXTOS / VIDEOS

EPISODIOS I, II Y III

# El tiempo bajo tensión en el trabajo de posiciones en el Wushu

## TEXTOS

1. **Mohamad NI, Cronin JB, Nosaka KK.** *Difference in kinematics and kinetics between high- and low-velocity resistance loading equated by volume: implications for hypertrophy training.* *J Strength Cond Res.* 2012 Jan;26(1):269-75. doi: 10.1519/JSC.0b013e31821f48de. PMID: 22158146.
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9. **Akima H, Takahashi H, Kuno S, Masuda K, Masuda T, Shimojo H, Anno I, Itai Y, Katsuta S.** *Early phase adaptations of muscle use and strength to isokinetic training.* *Med Sci Sports Exerc* 31:1999-588594
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11. **Mijailovich, S. M., Fredberg, J. J. & Butler, J. P.** On the theory of muscle contraction: filament extensibility and the development of isometric force and stiffness. *Biophysical Journal* 71, 1475–1484 (1996).
12. **Oranchuk, D. J., Storey, A. G., Nelson, A. R. & Cronin, J. B.** *Isometric training and long-term adaptations: Effects of muscle length, intensity, and intent: A systematic review.* *Scandinavian Journal of Medicine & Science in Sports* 29, 484–503 (2019).
13. **Headley, S., Henry, K., Nindl, B., Thompson, B., Kraemer, W., & Jones, M.** (2011). *Effects of Lifting Tempo on One Repetition Maximum and Hormonal Responses to a Bench Press Protocol.* *Journal of Strength and Conditioning Research,* 25, 406-413.

## VÍDEOS

1. [TEJIDO MUSCULAR II - Fenómeno de contracción muscular](#)
2. [The effects of long-term isometric training part 1 of 3](#)
3. [The effects of long-term isometric training part 2 of 3](#)
4. [The effects of long-term isometric training part 3 of 3](#)