Review articles

- Minchul Lee
  Exercise-brain interaction of neuroplasticity: empirical evidence in the rodent adaptation

- Daeho Kim / Jooyoung Kim
  Effects of β-hydroxy-β-methylbutyrate supplementation on recovery from exercise-induced muscle damage: a mini-review

Original articles

- Choongsung Yoo / Jisu Kim / Sunghwan Kyun / Takeshi Hashimoto / Hironori Tomi / Kiwon Lim
  Synergic effect of exogenous lactate and caffeine on fat oxidation and hepatic glycogen concentration in resting rats

- Jihoo Lee / Jisu Kim
  Effects of an 8-week lunge exercise on an unstable support surface on lower-extremity muscle function and balance in middle-aged women

- Jisu Kim / Yoogyung Hong / Suji Baek / Kang Pa Lee / Sanghyun Ahn
  The synergistic effect of physical activity and nutrition to improve the quality of life in breast cancer patients: a systemic review

- Wonil Park / Jaesung Lee / Hyunseob Lee / Gyuseog Hong / Hun-Young Park / Jonghoon Park
  Analysis of physiological tremors during different intensities of arm curl exercises using wearable three-axis accelerometers in healthy young men: a pilot study

- Na-Ram Moon / Woo-Hwi Yang
  Effects of individualized low-intensity mat Pilates on aerobic capacity and recovery ability in adults

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