

Open Peer Review on Qeios

Resistance Training

National Cancer Institute

Source

National Cancer Institute. Resistance Training. NCI Thesaurus. Code C154219.

Physical exercise that uses weight, or other forms of resistance, to induce muscle contraction and build strength, anaerobic endurance, and size of skeletal muscles. Typical exercises include leg and chest press, knee extension, leg curl, row, abdominal crunch, and bicep curl.

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