

## The following papers support the content in 'Get Exercise Confident'

### Warm up

- Soligard T, Myklebust G, Steffen K, Holme I, Silvers H, Bizzini M, et al. Comprehensive warm-up programme to prevent injuries in young female footballers: cluster randomised controlled trial. *BMJ*. 2008; 337
- Fradkin A, Gabbe B, Cameron P. Does warming up prevent injury in sport?: The evidence from randomised controlled trials? *Journal of Science and Medicine in Sport*. 2006; 9.
- Safran M, Seaber A, Garrett W. Warm-up and muscular injury prevention an update. *Sports medicine*. 2012; 8(4).
- Behm D, Chaouachi A. A review of the acute effects of static and dynamic stretching on performance. *European Journal of Applied Physiology*. 2011; 111(11)

### Resistance Training

- Westcott WL. Resistance training is medicine: effects of strength training on health. *ACSM*. 2012; 11(4).
- FSEM. *Exercise prescription in health and disease: a series of cases of medical students*. 2015.
- Ivey F, Roth S, Ferrell R, Tracy B, Lemmer J, Hurlbut D, et al. Effects of age, gender, and myostatin genotype on the hypertrophic response to heavy resistance strength training. *Journal of Gerontology*. 2000; 55A(11).

### Cardio

- Helgerud, J, et al. "Aerobic high-intensity intervals improve VO<sub>2</sub>max more than moderate training." *Med Sci Sports Exerc* 39, no. 4 (2007).
- Daussin, F, et al. "Effect of interval versus continuous training on cardiorespiratory and mitochondrial functions: relationship to aerobic performance improvements in sedentary subjects." *Am J Physiol Regul Integr Comp Physiol* 295, no. 1 (2008).
- Burgomaster, K, et al. "Similar metabolic adaptations during exercise after low volume sprint interval and traditional endurance training in humans." *The journal of physiology* 586, no. 1 (2008).
- Bartlett, J, G Close, D MacLaren, W Gregson, B Drust, and J Morton. "High-intensity interval running is perceived to be more enjoyable than moderate-intensity continuous exercise: implications for exercise adherence." *Journal of sports sciences* 29, no. 6 (2011).
- Trapp, E, D Chisholm, J Freund, and S Boutcher. "The effects of high-intensity intermittent exercise training on fat loss and fasting insulin levels of young women." *International journal of obesity* 32 (2008).

### Core

- Akuthota, V, A Ferreiro, T Moore, and M Fredericson. "Core stability exercise principles." *Current Sports Medicine Reports* 7, no. 1 (2007).
- McGill, S. "Core training: evidence translating to better performance and injury prevention." *Strength and Conditioning Journal* 32, no. 3 (2010).