

Special Issue

Effects of Exercise Training on Muscle Function

Message from the Guest Editors

Exercise training has emerged as a vital tool in optimizing athletic performance and overall fitness. This Special Issue seeks to unravel the intricate mechanisms underlying how these training modalities influence muscle function at various levels. Resistance training, characterized by progressively challenging muscular contractions, has shown the capacity to induce muscle hypertrophy, enhance strength, and improve functional abilities. Similarly, HIIT, involving brief bursts of intense exercise followed by recovery periods, has gained attention for its potential to boost cardiovascular fitness and metabolic efficiency, potentially affecting muscle fibre composition. Through a collection of research articles and reviews, this Special Issue aims to provide a comprehensive exploration of the effects of resistance training and HIIT on muscle function. We invite submissions elucidating the molecular, cellular, and physiological adaptations that drive these improvements. Additionally, we encourage investigations into their integration within sports training and protocols, as well as potential synergies between these modalities.

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Life (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

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