

Acute Effects of High-intensity Interval Aerobic and Functional Training at Different Intensities

NCT07180550

Status	RECRUITING
Phase	Not Applicable
Sponsor	European University Miguel de Cervantes
Enrollment	27 participants

Key Eligibility Criteria

Inclusion (3)

- Be 18 years of age or older.
- Have at least 6 months of experience in strength training with intensities greater than 75% of one maximum repetition (1-RM).
- Be classified as active according to the International Physical Activity Questionnaire (IPAQ) score.

Exclusion (3)

- Musculoskeletal injury within the 6 months prior to the first visit to the laboratory.
- Recent major surgery (<3 months).
- Having a medical condition in which physical activity is contraindicated (assessed with the Physical Activity Readiness Questionnaire, PAR-Q+).

Locations (1 total)

Miguel de Cervantes European University, Valladolid, Valladolid, Spain