

Acute Effects of Structured Exercise and Static Stretching on Vascular Function, Neuromuscular Performance, and Metabolic Regulation in Adults

NCT07364149

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Palermo
Enrollment	27 participants

Key Eligibility Criteria

Inclusion (1)

- healthy male participants e 18 years old

Exclusion (4)

- orthopedic disorders
- neurological disorders
- metabolic disorders
- cardiovascular disorders

Locations (1 total)

University of Palermo, Palermo, Italy