

Inspiratory Muscle Warm-Up in Combat Athletes

NCT07481916

Status	RECRUITING
Phase	Not Applicable
Sponsor	Ondokuz May1s University
Enrollment	20 participants

Key Eligibility Criteria

Inclusion (5)

- Male and female combat athletes aged 15 to 22 years
- Registered with the Turkish Kickboxing and Muay Thai Federation
- Regularly engaged in training
- At least 2 years of licensed sports experience
- Having won medals at the national or international level

Exclusion (2)

- Presence of respiratory disease
- Presence of cardiopulmonary disease

Locations (1 total)

Ondokuz May1s University, Samsun, Atakum, Turkey (Türkiye)