



## Test Your Limits: HIRT, HIIT, and Functional Training

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Deadline for manuscript  
submissions:

**closed (30 June 2023)**

### Message from the Guest Editors

Dear Colleagues,

During the last decade, the increasing popularity of high-intensity training programs has led to the development of new types of physical activity modalities, such as high-intensity interval training (HIIT), high-intensity resistance training (HIRT) and functional training. Although there are some similarities among these sports activities, each methodology has its characteristic advantages and disadvantages.

The evidence suggests that these programs have positive effects on athletes, with improvements in sport performance, body composition, and injury prevention. They have also been deemed beneficial in special population groups such as post-stroke patients, heart patients, and older adults.

The present Special Issue aims to provide new evidence about the implementation of these physical activity approaches in physical training in athletes, as well as the possible therapeutic effects of these activities.





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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