

## Special Issue

# Effects of Exercise Training on Muscle Function—2nd Edition

### Message from the Guest Editors

Exercise training has emerged as a vital tool in optimizing athletic performance and overall fitness. This Special Issue will unravel the intricate mechanisms underlying how these training modalities influence muscle function at various levels.

Resistance training, characterized by progressively more 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 due to 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 will 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 into sports training and protocols, as well as potential synergies between these modalities.

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### Guest Editors

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### Deadline for manuscript submissions

31 December 2026



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