



Exercise Science vs. COVID-19: Exercise-Based Strategies to Counteract Lockdown to Achieve Health and Sustainability

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Message from the Guest Editors

The disease COVID-19 caused by the SARS-CoV-2 virus has redesigned the lives of billions of people, who have been forced to stay at home for several weeks overnight. This unprecedented situation, supported by an increasingly growing development of social networks and multimedia platforms, has led to a development of remote-training practices. Such a modality could have an impact on the diffusion of physical activity in a segment of the population that, for several reasons (economic, reduced mobility, lack of infrastructure) has a reduced possibility of practicing physical exercise on a weekly basis. This Special Issue has two objectives: (1) the collection of works focused on the structuring of workouts to be potentially practiced at home to maintain an adequate state of cardiovascular fitness, strength, and psychological well-being; (2) the collection of studies focused on cardiopulmonary, circulatory, and muscle strength recovery in post-COVID-19 patients.





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