

Errata

The line numbering starts from the top of each paragraph.

1. Page 2, paragraph 2 line 7: “by” should be changed to “% of”.
2. Page 5, paragraph 2 line 12: “active” should be changed to “activate”.
3. Page 22, paragraph 2 line 5: “close chain” should be changed to “closed chain”.
4. Page 26, paragraph 3 line 1: “ergometers” should be omitted.
5. Page 27, paragraph 1 line 2: “Vacuumed” should be changed to “Vacumed”.
6. Page 29, paragraph 1 line 1: “lactic acid” should be changed to “lactate concentration”.
7. Page 29, paragraph 1 line 5: “the start of” should be changed to “each analysis in”.
8. Page 32, paragraph 1 line 4: “Vacuumed” should be changed to “Vacumed”.
9. Page 38 paragraph 4 line 3: “~” should be placed in front of “70 %”.
10. Page 40: Table 5 line 6: “0.74” should be changed to “1.57”.
11. Page 49, paragraph 1 line 3: “training” should be omitted at the end of the sentence.
12. Page 60, paragraph 4 line 2: “only” should be changed to “on”.
13. Page 75, reference number 68: “*journal of applied sport science research*” should be changed to “*Journal of Applied Sport Science Research*”.