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Yaren Soylu OnlyFans Videoları – Sıcak İçerik İzle Photo Gallery



Yarensoylu (27) Escort Trans in Izmir.
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Article

Rewiring for Victory: Neuro-Athletic Training Enhances Flexibility, Serve Speed, and Upper Limb Performance in Elite Volleyball Players—A Randomized Controlled Trial

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Abstract: This randomized controlled trial investigated the effects of neuro-athletic training (NAT) on flexibility, serve speed, and upper extremity stability in elite volleyball players. Thirty professional male athletes aged 18–23 years old (mean age of 19.5 ± 1.77 years-old in the NAT group and 19.8 ± 1.87 years-old in the control group) participated, with 26 completing this study. The participants were randomly assigned into an NAT intervention group or a control group continuing the different training. Both groups trained three days per week for eight weeks, with the NAT program targeting neuromuscular adaptation while maintaining equal total training duration. Flexibility was assessed using the Sit and Reach Test, serve speed was evaluated using the Pocket Radar Ball Coach, and upper extremity stability was measured using the Closed Kinetic Chain Upper Limb Stability Test (CKCULST). The NAT group demonstrated significant improvements across all performance metrics. Flexibility increased significantly ($p = 0.000$, Cohen's $d = 0.940$), indicating improved range of motion and musculoskeletal adaptability. Serve speed showed a highly significant improvement ($p = 0.000$, Cohen's $d = 1.150$), reflecting enhanced neuromuscular coordination and power. Similarly, upper extremity stability exhibited substantial gains ($p = 0.002$, Cohen's $d = 1.132$), highlighting improved shoulder stability and motor control. In contrast, the control group did not show statistically significant changes in their flexibility ($p = 0.236$, Cohen's $d = 0.040$), serve speed ($p = 0.197$, Cohen's $d = 0.040$), or upper extremity stability ($p = 0.105$, Cohen's $d = 0.184$). Between-group comparisons confirmed the superiority of the NAT intervention, with significant differences across all metrics (p -values ranging from 0.040 to 0.000) and effect sizes spanning from moderate to large (Cohen's $d = 0.840$ –1.150). These findings demonstrate the effectiveness of NAT in enhancing volleyball-specific performance metrics, emphasizing its potential to target neuromuscular adaptations for improved flexibility, power, and stability. Future studies should explore the long-term effects of NAT and its applicability across various sports disciplines.

Keywords: neuro-athletic training; flexibility; serve speed; upper extremity performance; volleyball



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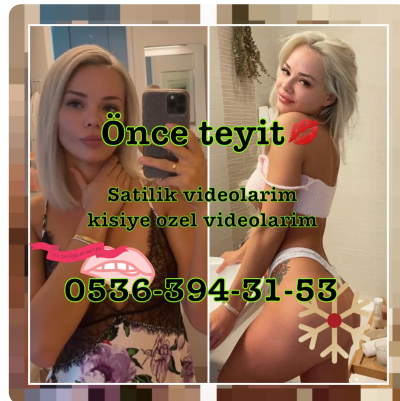
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PDF) Rewiring for Victory: Neuro-Athletic
Training Enhances



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About This Collection

Yaren Soylu, aka yrnsylu, OnlyFans hesabında paylaştığı özel videolarla hayranlarını büyülemeye devam ediyor. Bu galeride, birden fazla konulu sahnelerden hırçın ve ateşli performanslara uzanan bir seçki sizi bekliyor. Sonunda karşımıza çıkan o muhteşem kız Yaren, etkileyici göğüsleri ve tatlı cazibesiyle ekranı ele geçiriyor; aktif pasif roller arasında geçiş yaparken izleyicisini baştan çıkarıyor. Kesintisiz keyif dolu videolarıyla Yaren Soylu'nun en özel anlarına tanıklık etmek için yukarıdaki bağlantıya tıklayın.

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