



CALL FOR PAPERS

ICFWECEIE 2020
Feb 10-11, 2020
Barcelona, Spain

The International Research Conference is a federated organization dedicated to bringing together a significant number of diverse scholarly events for presentation within the conference program. Events will run over a span of time during the conference depending on the number and length of the presentations.

ICFWECEIE 2020 : International Conference on Free Weight Exercises, Compound Exercises and Isolation Exercises is

the premier interdisciplinary forum for the presentation of new advances and research results in the fields of Free Weight Exercises, Compound Exercises and Isolation Exercises. The conference will bring together leading academic scientists, researchers and scholars in the domain of interest from around the world. Topics of interest for submission include, but are not limited to:

Free weight exercises

Trunk muscle activity during free weight exercises

Electromyographic activity during free weight exercises

High intensity elastic resistance and free weight exercises

Specific benefits of free weight exercises

Lean muscle mass

Body fat percentage

Resting blood pressure

Bone mineral density

Insulin sensitivity

Exercise types, volume and frequency

Compound exercises

Isolation exercises