



CALL FOR PAPERS

ICBWESE 2021
Jan 18-19, 2021
Rome, Italy

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.

ICBWESE 2021 : International Conference on Body-Weight Exercises, Safety and Efficacy is the premier interdisciplinary forum for the presentation of new advances and research results in the fields of Body-Weight Exercises, Safety and Efficacy. 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:

Body-weight exercises
Body-weight training workouts
Advantages
Disadvantages
Body-weight exercise for older adults
Resistance against gravity
Month training plan
Muscle building foundation
Weight lifting
Building muscle without weights
Dynamic tension for tightening and toning
High intensity interval training

Exercise techniques
Resistance weight training during caloric restriction enhances lean body weight maintenance
Nutrition, weight control and exercise
Screening the upper-body push and pull patterns using body weight exercises
Isometric instability activities
Influence of body weight on energy expenditure
Body weight exercises strength
Safety and efficacy of body weight exercises
Exercises in the home
No-equipment exercises
Benefits of bodyweight exercises