



# CALL FOR PAPERS

**ICNEEMBF 2021**  
**Feb 11-12, 2021**  
**Kuala Lumpur, Malaysia**

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.

ICNEEMBF 2021 : International Conference on No-Equipment Exercises and Muscle Building Foundation is

the premier interdisciplinary forum for the presentation of new advances and research results in the fields of No-Equipment Exercises and Muscle Building Foundation. 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:

Bodyweight exercises  
Bodyweight training workouts  
Advantages  
Disadvantages  
Bodyweight 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