



CALL FOR PAPERS

ICBET 2021
Dec 09-10, 2021
New York, USA

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.

ICBET 2021 : International Conference on Bodyweight Exercise Techniques is the premier interdisciplinary forum for the presentation of new advances and research results in the fields of Bodyweight Exercise Techniques. 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