

CONTENTS

ORIGINAL ARTICLE

Muscle fibre type, size and satellite cell pool in male volleyball players	45
Dimitrios G. Balasas, Athanasios Mandroukas, Yiannis Michailidis, Sotirios Drikos, Konstantinos Sotiropoulos, Kosmas Christoulas, Thomas I. Metaxas, Theodoros M. Bampouras	
High-intensity physical performance parameters in soccer	51
Daniel Rojano Ortega, Miguel Ángel Martín Simón	
The effects of a repeated sprint ability program on youth soccer players’ physical performance	57
Yiannis Michailidis, Nikos Moutsanos, Thomas Metaxas	
Differences between boys and girls in applied variables to assess motor skills	65
Franjo Lovrić, Karla Đolo, Miguel Ángel Tapia-Serrano, Igor Jelaska, Ivan Barać	
Planned load reduction strategies to maintain optimal repetitions for hypertrophy training in leg press for women	71
Danilo S. Machado, Alexander J. Koch, Marco Machado	
INSTRUCTIONS FOR AUTHORS	77