



RESOURCES

Scientific papers

Rybnikova EA, Nalivaeva NN, Zenko MY, Baranova KA. Intermittent Hypoxic Training as an Effective Tool for Increasing the Adaptive Potential, Endurance and Working Capacity of the Brain. *Front Neurosci.* 2022 Jun 21;16:941740. doi: 10.3389/fnins.2022.941740. PMID: 35801184; PMCID: PMC9254677.

Fornasier-Santos C, Millet GP, Woorons X. Repeated-sprint training in hypoxia induced by voluntary hypoventilation improves running repeated-sprint ability in rugby players. *Eur J Sport Sci.* 2018 May;18(4):504-512. doi: 10.1080/17461391.2018.1431312. Epub 2018 Feb 5. PMID: 29400616.

Jung SI, Lee NK, Kang KW, Kim K, Lee DY. The effect of smartphone usage time on posture and respiratory function. *J Phys Ther Sci.* 2016 Jan;28(1):186-9. doi: 10.1589/jpts.28.186. Epub 2016 Jan 30. PMID: 26957754; PMCID: PMC4756000.

Trincat L, Woorons X, Millet GP. Repeated-Sprint Training in Hypoxia Induced by Voluntary Hypoventilation in Swimming. *Int J Sports Physiol Perform.* 2017 Mar;12(3):329-335. doi: 10.1123/ijsp.2015-0674. Epub 2016 Aug 24. PMID: 27294771.

Woorons X, Mollard P, Pichon A, Duvallet A, Richalet JP, Lamberto C. Effects of a 4-week training with voluntary hypoventilation carried out at low pulmonary volumes. *Respir Physiol Neurobiol.* 2008 Feb 1;160(2):123-30. doi: 10.1016/j.resp.2007.09.010. Epub 2007 Sep 22. PMID: 18160351.

Woorons X, Gamelin FX, Lamberto C, Pichon A, Richalet JP. Swimmers can train in hypoxia at sea level through voluntary hypoventilation. *Respir Physiol Neurobiol.* 2014 Jan 1;190:33-9. doi: 10.1016/j.resp.2013.08.022. Epub 2013 Sep 4. PMID: 24012989.

Woorons X, Mucci P, Aucouturier J, Anthierens A, Millet GP. Acute effects of repeated cycling sprints in hypoxia induced by voluntary hypoventilation. *Eur J Appl Physiol.* 2017 Dec;117(12):2433-2443. doi: 10.1007/s00421-017-3729-3. Epub 2017 Oct 14. PMID: 29032393.