

# Yoyo test pdf


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the test was developed in the 1990s by the danish soccer physiologist jens bangsbo and his colleagues, and is now one of the most commonly conducted fitness test around the world. this study compared the yo- yo intermittent recovery level 1 (yyir1) and bronco tests among amateur rugby referees and examined whether the results of these tests were associated with actual match demands. yo- yo test recording sheet yo- yo endurance test level 1 1. yo- yo test yoyo recording sheet yo- yo endurance test level 2 8. the present systematic review aims to identify studies that have examined the test- retest. use the yo- yo ir1 test calculator to get a fitness rating. pdf] test- retest reliability of the yo- yo test: a systematic review

 Difficulté **Moyen**

 Durée **912** heure(s)

 Catégories **Décoration, Mobilier, Bien-être & Santé, Machines & Outils, Science & Biologie**

 Coût **403** USD (\$)

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