



Molecular and Cellular Regulation of Adaptation to Exercise: 135 (Progress in Molecular Biology and Translational Science)

Claude Bouchard

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Molecular Aspects of Exercise Biology and Exercise Genomics, the latest volume in the Progress in Molecular Biology and Translational Science series includes a comprehensive summary of the evidence accumulated thus far on the molecular and cellular regulation of the various adaptations taking place in response to exercise.

Changes in the cellular machinery are described for multiple tissues and organs in terms of signaling pathways, gene expression, and protein abundance. Adaptations to acute exercise as well as exposure to regular exercise are also discussed and considered.

- Includes a comprehensive summary of the evidence accumulated thus far on the molecular and cellular regulation of the various adaptations taking place in response to exercise
- Contains contributions from leading authorities
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