A detailed description of an exercise programme is often required by our patients. This paper is one of the first to show the different effects of two training regimens performed with the same equipment. Osteoporosis and falling are the most common causes of fractures in older people, and exercise plays an important role in their prevention. To find the most efficient exercise regimen for each individual subject is required. Power training may be a good option for preserving bone mass in postmenopausal women.

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