



## Correction to: Cardiovascular, muscular, and skeletal adaptations to recreational team handball training: a randomized controlled trial with young adult untrained men

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Published online: 13 December 2018  
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**Correction to: European Journal of Applied Physiology**  
<https://doi.org/10.1007/s00421-018-4034-5>

The author would like to correct the errors in the publication of the original article. The corrected details are given below for your reading.

In the section “Body composition and bone mineral density”, the second sentence should read as:

Proximal femur BMD was calculated as follows: (right BMD + left BMD)/2. According to the manufacturer, the coefficient of variation for BMD assessment is 1.0%. In addition, body height and body mass were measured before the DXA scans.

In Figs. 1, 2 and 5, there is red text. It should be written in black. The revised figure (Figs. 1, 2, 5) is placed in the following page.

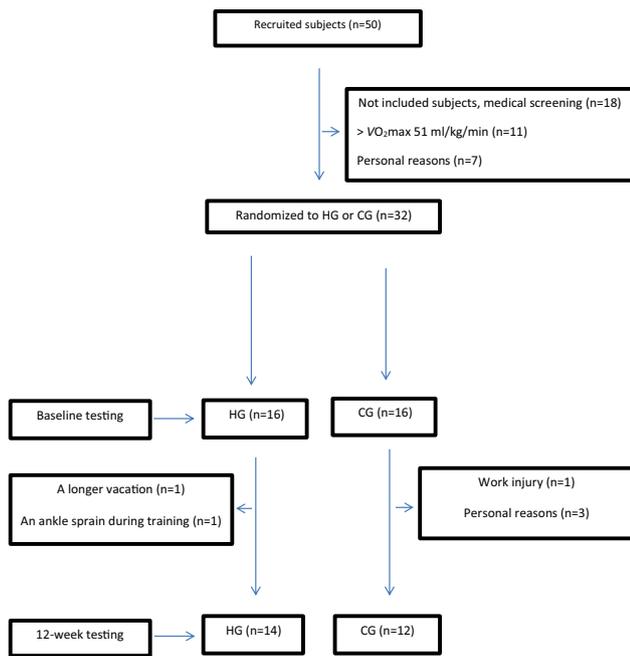
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The original article can be found online at <https://doi.org/10.1007/s00421-018-4034-5>.

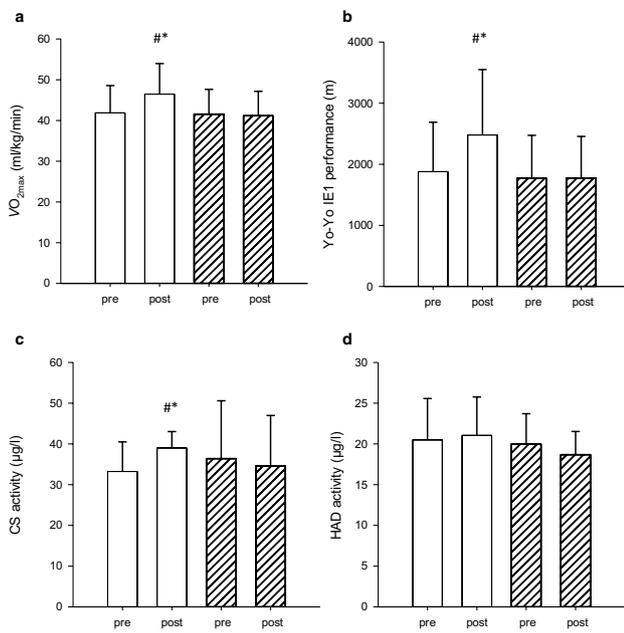
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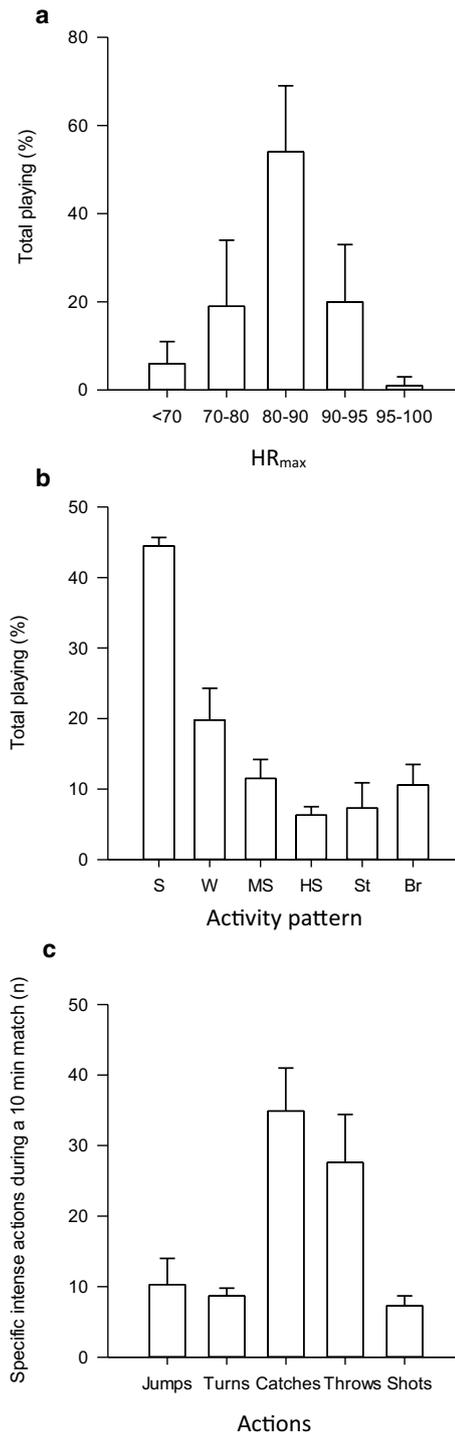
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**Fig. 1** Flow chart showing the process for recruiting the untrained healthy 20–30-year-old male subjects



**Fig. 2** VO<sub>2max</sub>, Yo–Yo IE1 performance, CS muscle activity, and HAD muscle activity before and after 12 weeks of small-sided handball training (HG,  $n = 14$ : open bars) and continuation of an inactive lifestyle (CG,  $n = 12$ : hatched bars). Means  $\pm$  SD are presented. #Significant ( $p < 0.05$ ) time-by-group interaction in favour of HG. \*Significantly ( $p < 0.05$ ) different from 0 week



**Fig. 5** Heart-rate distribution expressed in percentage of total playing time (a); activity pattern in various locomotor modes of percentage of total playing time (b): walking (W), standing (S), moderate-speed running (HS), high-speed running (HS), sidesteps (St), and backwards running (Br); number of actions in a 10 min training session (c): jumps, turns, catches, throws, and shots. Means  $\pm$  SD are presented