REFERENCES
REFERENCES


Bill J. and Corcoran M., “Run Quick” Journal of Biomechanics., 1999


Gerland H. “Biomechanics of athletic movement”. Berlin sportVerloug. 1994,


Julianne A.S., and Michael B., “Peak ground reaction forces and braking forces while walking downhill with and without the use of trekking poles”, 2004.


Mann R.A., Moran G.T. and Dougherty S.E, “Comparative electromyography of the lower extremity in jogging, running and


