

## Clinica Balaciart - Blog

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# Effect of a 1-year elastic band resistance exercise program on cardiovascular risk profile in postmenopausal women



**Link to Original article:** <https://www.clinicabalaciart.com/blog/effect-of-a-1-year-elastic-band-resistance-exercise-program-on-cardiovascular-risk-profile-in-postmenopausal-women?elem=57799>