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**Effect of Lower-Body plyometric training on Upper-body neuromuscular adaptations and some anthropometric and functional parameters in young athletes: Role of myofascial meridians**

1. **Objective:**
   - To examine the effect of lower-body plyometric training on upper-body neuromuscular adaptations and some anthropometric and functional parameters in young athletes.

2. **Methods:**
   - The study involved a group of young athletes who underwent lower-body plyometric training.
   - Anthropometric and functional parameters were measured before and after the training period.

3. **Results:**
   - Significant improvements were observed in upper-body neuromuscular adaptations and anthropometric parameters after the training.

4. **Conclusion:**
   - Lower-body plyometric training plays a significant role in enhancing upper-body neuromuscular adaptations and functional parameters in young athletes.

**References:**

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**Tables:**

- Table 1: Effect of Lower-Body plyometric training on Upper-body neuromuscular adaptations and some anthropometric and functional parameters in young athletes: Role of myofascial meridians
- Table 2: Anthropometric and functional parameters before and after the training period

**Figures:**

- Figure 1: Illustration of the training protocol
- Figure 2: Graphs showing changes in anthropometric and functional parameters after the training period