

CORRECTION

Correction: Effects of moderate vs. high iso-inertial loads on power, velocity, work and hamstring contractile function after flywheel resistance exercise

Francisco Piqueras-Sanchiz, Saúl Martín-Rodríguez, Luis Manuel Martínez-Aranda, Thiago Ribeiro Lopes, Javier Raya-González, Óscar García-García, Fábio Yuzo Nakamura

There is an error in [Table 2](#). The headings Hip extension single leg 0.100 kg·m² and Hip extension single leg 0.075 kg·m² are swapped in the second and third columns. The second column should be Hip extension single leg 0.075 kg·m² and the third column should be Hip extension single leg 0.100 kg·m². Please see the correct [Table 2](#) here.

Table 2. Training protocols.

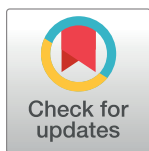
Protocol	Hip extension single leg 0.075 kg·m ²	Hip extension single leg 0.100 kg·m ²
Set x reps	4 x 7 (+2 acceleration reps)	
Intensity	All-out	
Repetition time (s)	ECC/CON	
Total TUT (s)	125'	130'
Rest between sets (s)	30'	
Displacement (m)	2.21 ± 0.04	2.22 ± 0.05
Total action time (s)	4.48 ± 0.32	4.63 ± 0.13
Time CON (s)	2.31 ± 0.16	2.36 ± 0.07
Time ECC (s)	2.17 ± 0.17	2.27 ± 0.06

Abbreviations: Reps = maximum repetitions; TUT = time under tension; ECC = eccentric phase; CON = concentric phase; All-out = maximum effort.

<https://doi.org/10.1371/journal.pone.0215567.t001>

Reference

1. Piqueras-Sanchiz F, Martín-Rodríguez S, Martínez-Aranda LM, Lopes TR, Raya-González J, García-García Ó, et al. (2019) Effects of moderate vs. high iso-inertial loads on power, velocity, work and hamstring contractile function after flywheel resistance exercise. PLoS ONE 14(2): e0211700. <https://doi.org/10.1371/journal.pone.0211700> PMID: 30730959



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Citation: Piqueras-Sanchiz F, Martín-Rodríguez S, Martínez-Aranda LM, Lopes TR, Raya-González J, García-García Ó, et al. (2019) Correction: Effects of moderate vs. high iso-inertial loads on power, velocity, work and hamstring contractile function after flywheel resistance exercise. PLoS ONE 14(4): e0215567. <https://doi.org/10.1371/journal.pone.0215567>

Published: April 12, 2019

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