

Sources

1. Cook G Movement: Functional Movement Systems: Screening, Assessment, and Corrective Strategies. On Target Publications; Santa Cruz, CA: 2010
2. Taken from the MovNat Dead Lift YouTube Video. See the full video at https://www.youtube.com/watch?time_continue=22&v=s9k7uZTkyP4 or their website at <http://www.movnat.com>
3. Neely, F. G. (1998). Biomechanical risk factors for exercise-related lower limb injuries. *Sports medicine*, 26(6), 395-413.
4. Akune, T., Muraki, S., Oka, H., Tanaka, S., Kawaguchi, H., Nakamura, K., & Yoshimura, N. (2014). Exercise habits during middle age are associated with lower prevalence of sarcopenia: the ROAD study. *Osteoporosis International*, 25(3), 1081-1088. | As a side note this research shows lack of stress on the muscles doesn't just affect us now, but also long term.
5. Vuorimaa, T., Virlander, R., Kurkilanti, P., Vasankari, T., & Häkkinen, K. (2006). Acute changes in muscle activation and leg extension performance after different running exercises in elite long distance runners. *European journal of applied physiology*, 96(3), 282-291.
6. Randall, M. (2010). The Physiology of Stress: Cortisol and the Hypothalamic-Pituitary-Adrenal Axis. *Dartmouth Undergraduate Journal of Science*. Retrieved May 6, 2018, from <http://dujs.dartmouth.edu/2011/02/the-physiology-of-stress-cortisol-and-the-hypothalamic-pituitary-adrenal-axis/#.Wu-7I2aZNsM> | More of a summary, but it does cite good articles and provide a very readable summary of cortisol function
7. Hill, E. E., Zack, E., Battaglini, C., Viru, M., Viru, A., & Hackney, A. C. (2008). Exercise and circulating cortisol levels: the intensity threshold effect. *Journal of endocrinological investigation*, 31(7), 587-591.