

Effects of a single bout of cardiovascular exercise on motor skill acquisition and consolidation: A systematic review with meta-analysis

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PROSPERO

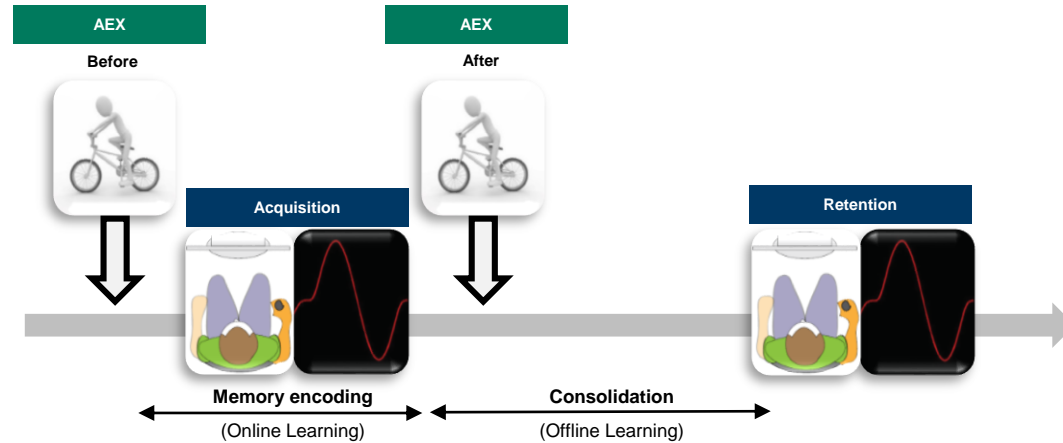
International prospective register of systematic reviews

http://www.crd.york.ac.uk/PROSPERO/display_record.php?ID=CRD42018106288

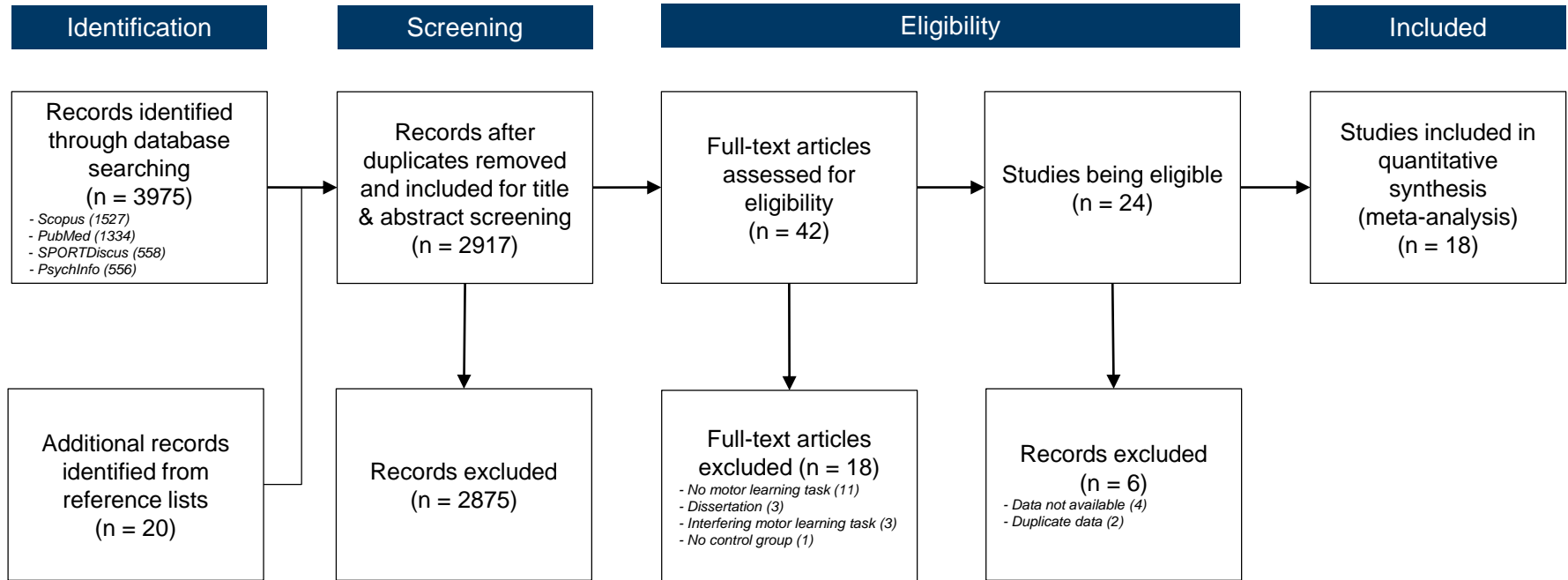


Background & aims

- First studies indicate that a single bout of aerobic exercise (AEX) can enhance motor memory formation and consolidation [Roig et al., 2016; Taubert et al., 2015]
- **Aim:** To summarize existing evidence on the effects of AEX on motor skill acquisition and consolidation in humans



Methods



Latest search on June 1st, 2019

Results

