

CONTENTS

INVITED REVIEW

- Biomechanical characteristics of rowing** 61
Małgorzata Ogurkowska, Krzysztof Kawałek, Magdalena Zygańska

ORIGINAL ARTICLE

- Impact of classical massage on temperature, strength and flexibility
of upper limbs muscles in healthy men** 71
Dariusz Boguszewski, Jakub Grzegorz Adamczyk, Nina Andersz, Natalia Mrozek,
Karolina Piejko, Małgorzata Janicka, Dariusz Białoszewski
- The effects of a 12-week combined strength and endurance training program
on physical performance of patients with type 2 diabetes.....** 77
Isabella Rogon, Zbigniew Kasprzak, Carsten Juhl, Pernille Mensberg, Tina Vilsbøll,
Łucja Pilaczyńska-Szcześniak
- Postural stability in adults under 30 years of age** 83
Magdalena Goliwąs, Lech Furmaniuk, Jacek Lewandowski
- Gaze behavior in basketball shooting: Preliminary investigations** 89
Hanna Steciuk, Teresa Zwierko

- NOTES TO AUTHORS** 95