

This recently published review focuses on identifying the mechanisms of overtraining on skeletal muscle function. The researchers examined several leading hypotheses previously proposed to explain skeletal muscle weakness in overtraining syndrome (OTS), with evidence implicating oxidative stress and elevated inflammation as the leading causes of OTS.

Reference: **Cheng AJ**, Jude B, Lanner JT. Intramuscular mechanisms of overtraining [published online ahead of print, 2020 Feb 26]. *Redox Biol.* 2020;101480. doi:10.1016/j.redox.2020.101480

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