

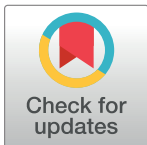
## CORRECTION

# Correction: Effects of short-term resistance training and tapering on maximal strength, peak power, throwing ball velocity, and sprint performance in handball players

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The histograms are partially hidden in Figs 3, 4 and 5. Please see the correct Figs 3, 4 and 5 here.



## OPEN ACCESS

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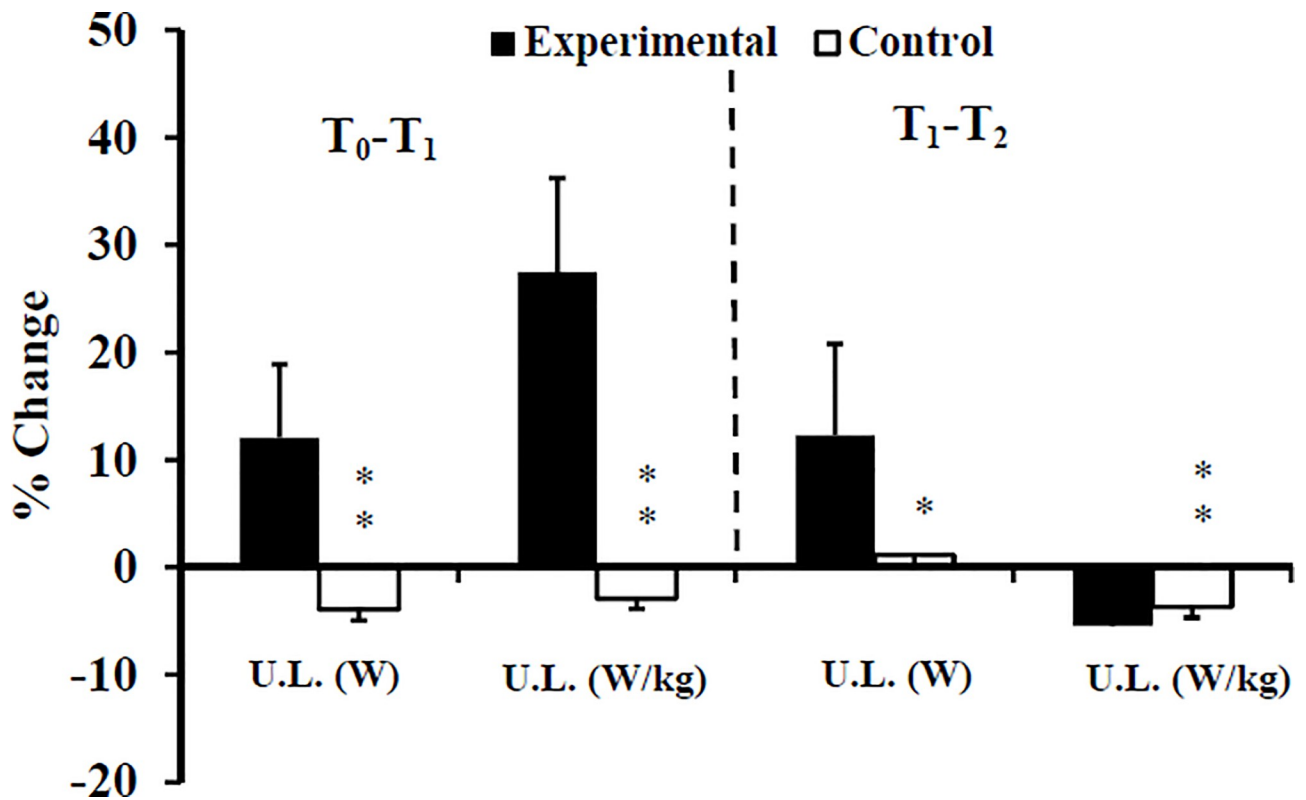


Fig 3. Percentage changes of power of upper limb at T<sub>1</sub> and T<sub>2</sub> for Experimental (E) and Control (C) groups. T<sub>0</sub>: before training; T<sub>1</sub>: after 10 weeks of resistance training; T<sub>2</sub>: after 2 weeks of tapering; U.L.: upper limb; \*: ANOVA group x time interaction significantly different between E and C at the level of  $p < 0.05$ ; \*\*: ANOVA group x time interaction significantly different between E and C at the level of  $p < 0.01$ .

<https://doi.org/10.1371/journal.pone.0221189.g001>

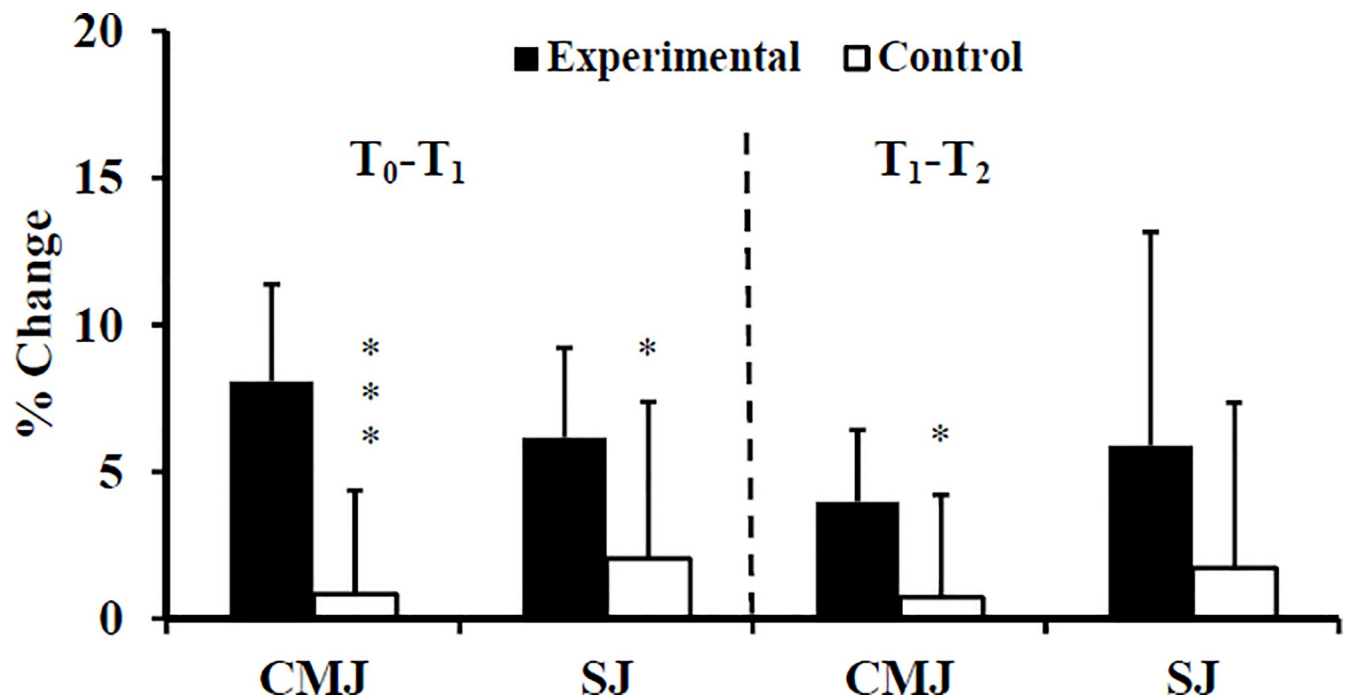


Fig 4. Percentage changes of vertical jump height at T<sub>1</sub> and T<sub>2</sub> for Experimental (E) and Control (C) groups. T<sub>0</sub>: before training; T<sub>1</sub>: after 10 weeks of resistance training; T<sub>2</sub>: after 2 weeks of tapering; CMJ: Counter-movement Jump; SJ: Squat Jump; \*: ANOVA group x time interaction significantly different between E and C at the level of  $p < 0.05$ ; \*\*: ANOVA group x time interaction significantly different between E and C at the level of  $p < 0.001$ .

<https://doi.org/10.1371/journal.pone.0221189.g002>

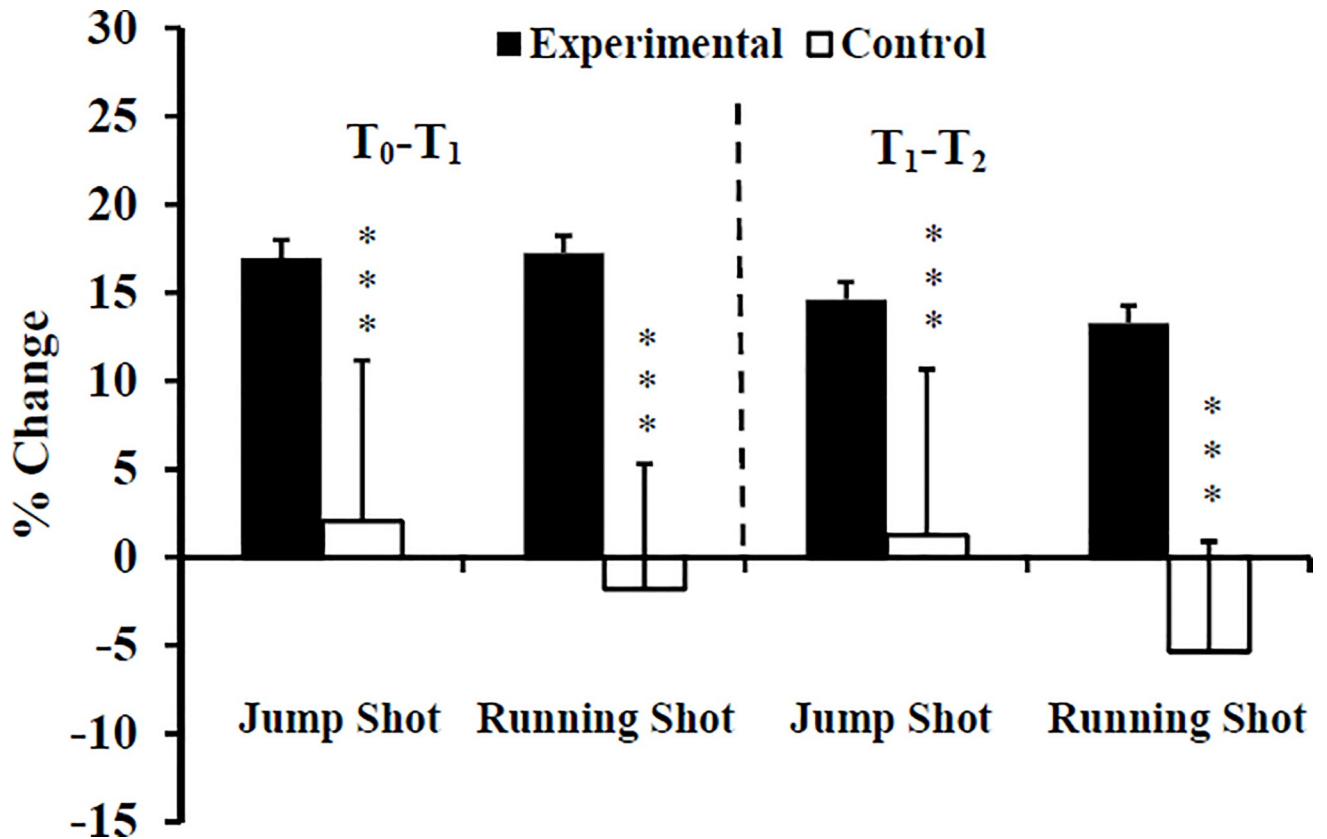


Fig 5. Percentage change of ball throwing velocity at T<sub>1</sub> and T<sub>2</sub> for Experimental (E) and Control (C) groups. T<sub>0</sub>: before training; T<sub>1</sub>: after 10 weeks of resistance training; T<sub>2</sub>: after 2 weeks of tapering; \*\*\*: ANOVA group x time interaction significantly different between E and C at the level of  $p < 0.001$ .

<https://doi.org/10.1371/journal.pone.0221189.g003>

### Reference

1. Hermassi S, Ghaith A, Schwesig R, Shephard RJ, Souhail Chelly M (2019) Effects of short-term resistance training and tapering on maximal strength, peak power, throwing ball velocity, and sprint performance in handball players. PLoS ONE 14(7): e0214827. <https://doi.org/10.1371/journal.pone.0214827> PMID: 31276499