

Erratum to: Effects of Strength Training Using Unstable Surfaces on Strength, Power and Balance Performance Across the Lifespan: A Systematic Review and Meta-analysis

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Page 1648, column 2, Sect. 2.4, paragraph 2, lines 8–15:
The following sentence, which previously read:

To verify the effectiveness of STU and STS for measures of muscle strength, power and balance, we computed within-subject standardized mean differences as $SMD_w = (\text{mean pre-test value} - \text{mean post-test value}) / \text{standard deviation pre-test value}$, and between-subject standardized mean differences as $SMD_b = (\text{mean post-test value in intervention group} - \text{mean post-test value in control group}) / \text{pooled variance}$ [27].

should read:

To verify the effectiveness of STU and STS for measures of muscle strength, power and balance, we computed within-subject standardized mean differences as $SMD_w = (\text{mean pre-test value} - \text{mean post-test value}) / \text{standard deviation pre-test value}$, and between-subject standardized mean differences as $SMD_b = (\text{mean post-test value in intervention group} - \text{mean post-test value in control group}) / \text{pooled standard deviation}$ [27].

The online version of the original article can be found under
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