

ACTN3 and ACE genes in sports performance



| | Gen ACTN3 | | Gen ACE | |
|---|---------------|---------------|---------------|---------------|
| | Homozygous RR | Homozygous XX | Homozygous DD | Homozygous II |
| | | | | |
|  Power | + | - | + | / |
|  Speed | + | - | / | / |
|  Endurance | / | / | / | + |

Sports Genes

Didier Musso



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