



# Correction to: Upper-Body Post-activation Performance Enhancement for Athletic Performance: A Systematic Review with Meta-analysis and Recommendations for Future Research

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**Correction to: Sports Medicine**  
<https://doi.org/10.1007/s40279-021-01598-4>

**Abstract, Results, final sentence:** This sentence, which previously read:

“Sport-specific lighter weighted bat swings and swing-specific isometrics resulted in improved subsequent competition weight bat swing velocities, ranging from ~1.3–3.3%; ES = 0.16–0.57.”

should read:

“Sport-specific lighter weighted bat swings and swing-specific isometrics resulted in improved subsequent competition weight bat swing velocities, ranging from ~1.3–4.9%; ES = 0.16–0.57.”

The original article has been corrected.

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