

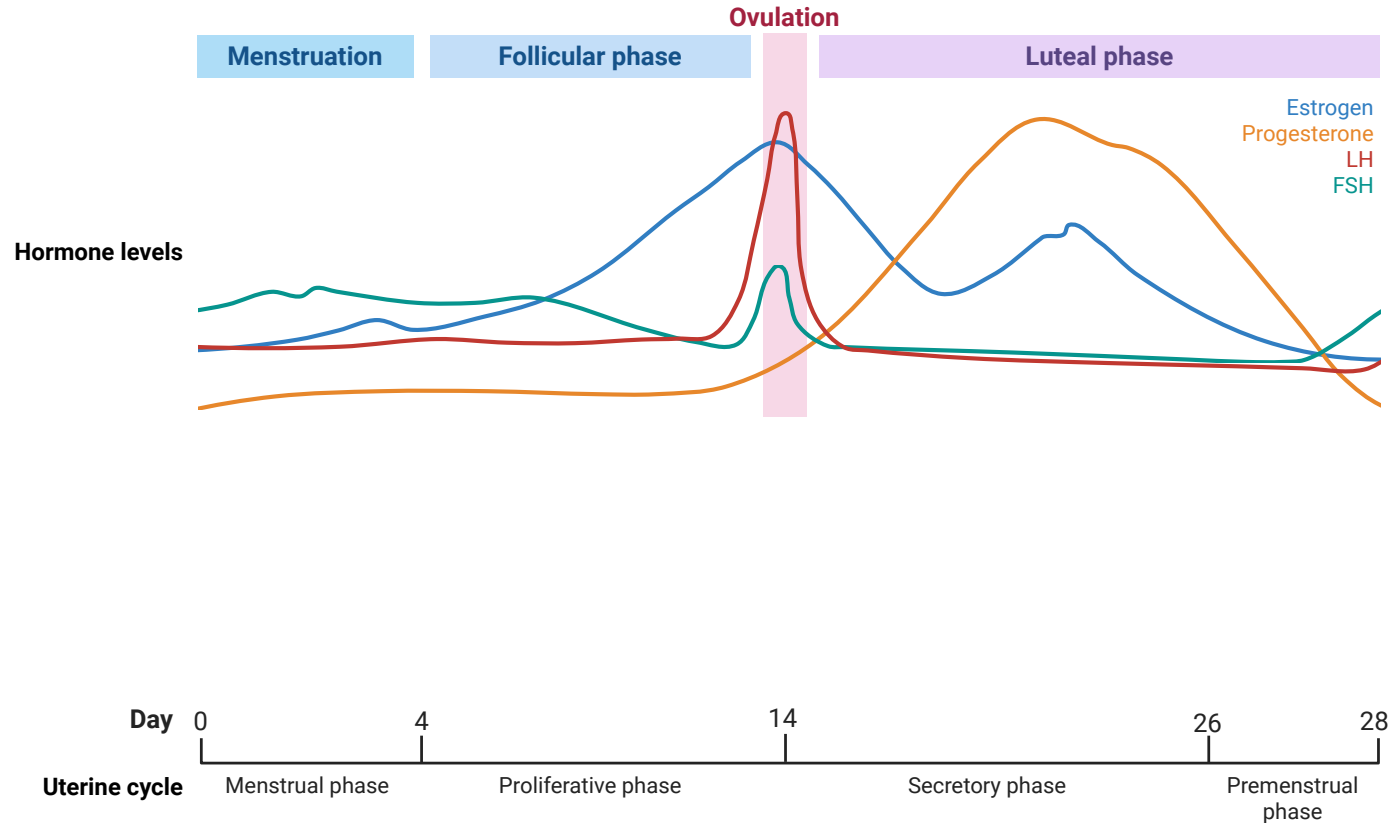
Female cycle - Performance, Recovery, Injury Prevention and Nutrition



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Ovarian hormones and folliculogenesis throughout the human menstrual cycle



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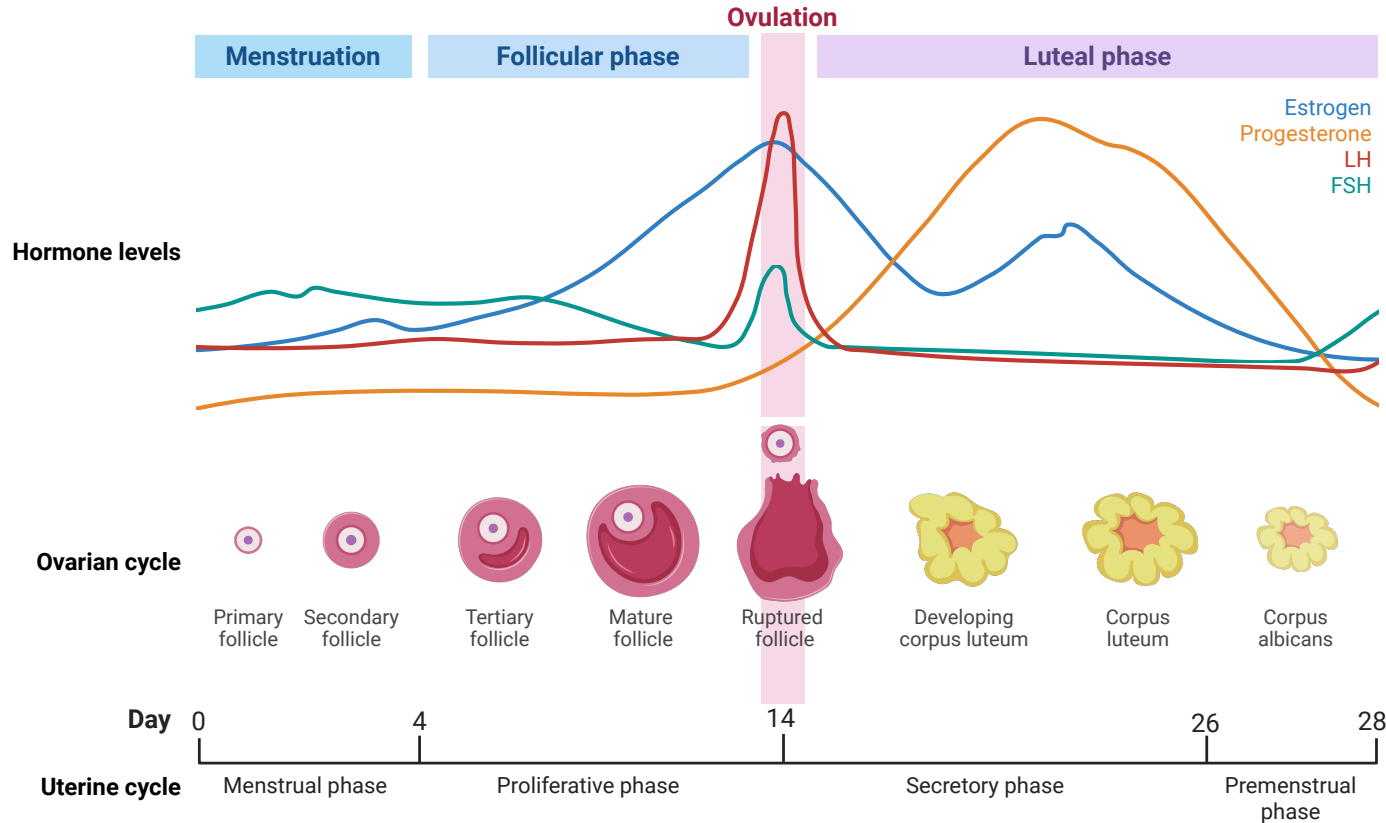
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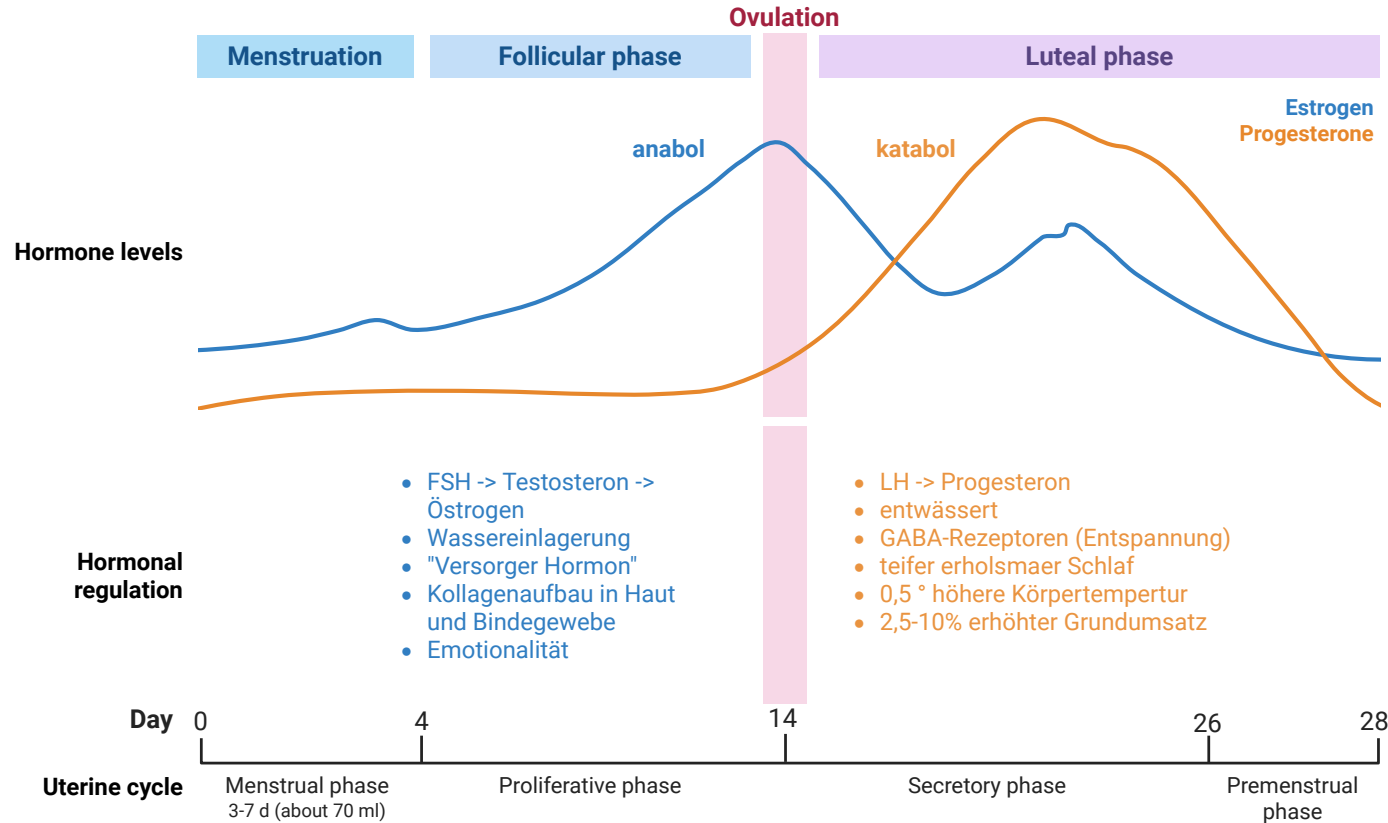
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Female cycle and hormonal effects



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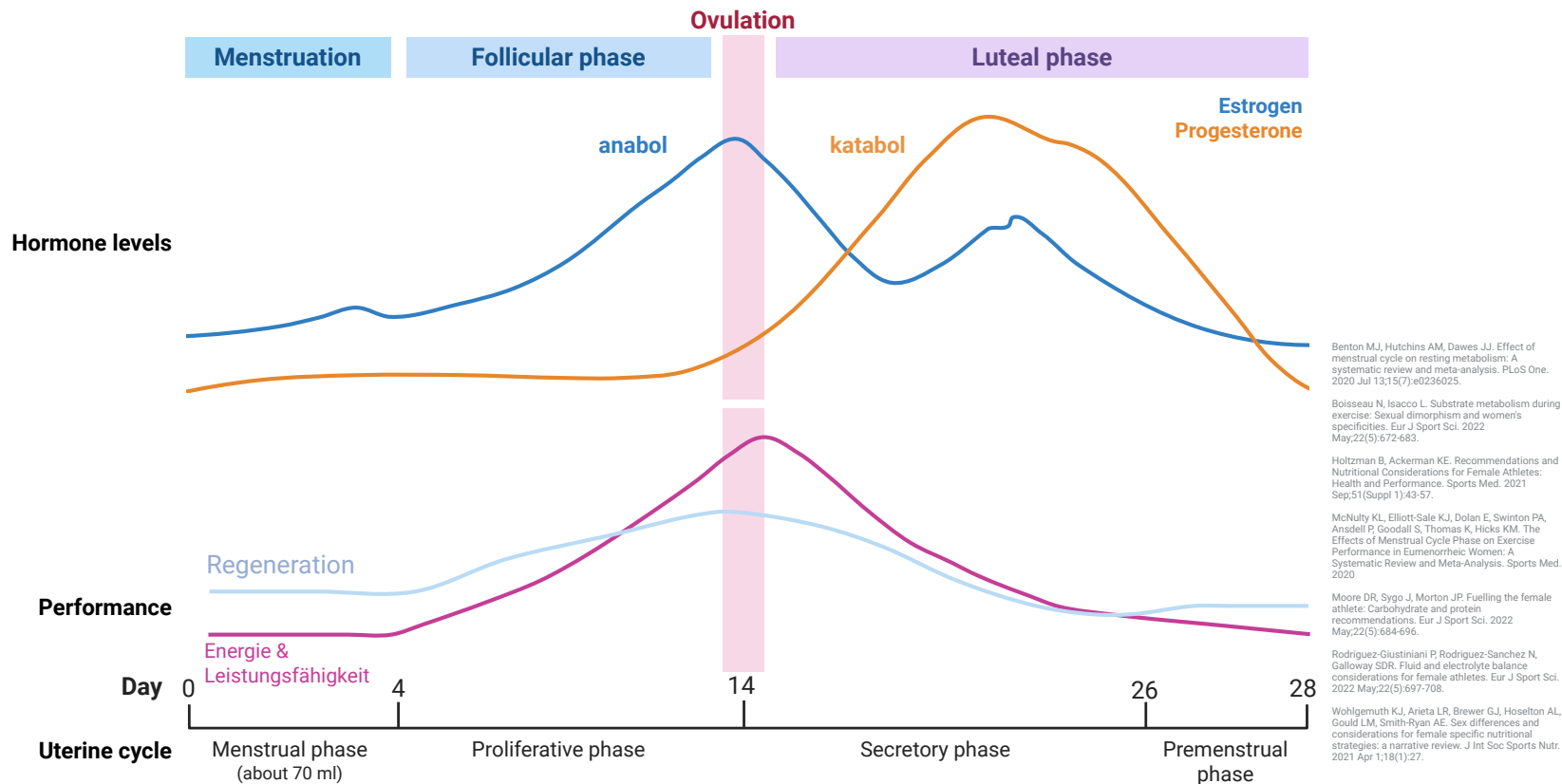
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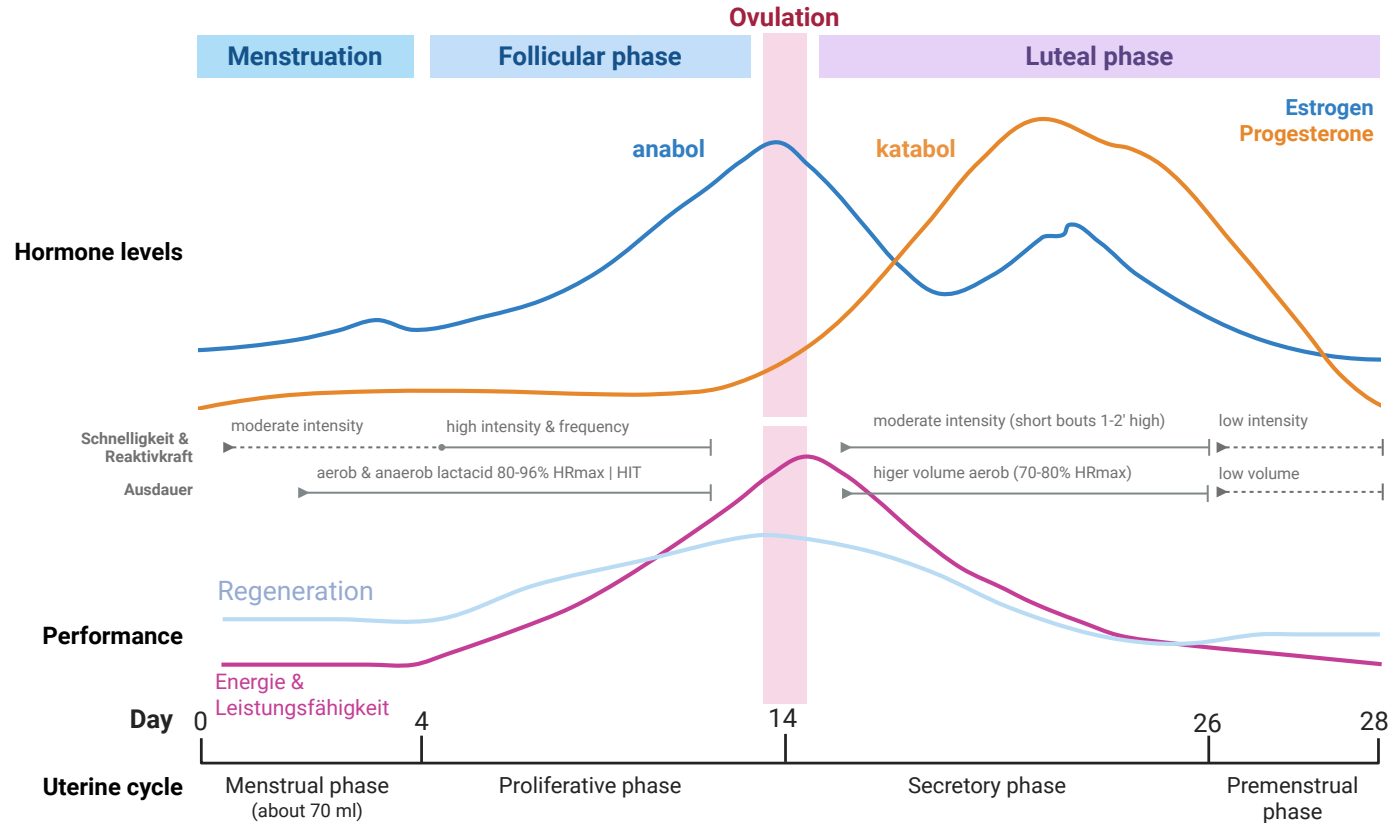
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Female cycle and performance



Female cycle and Performance sweet spots



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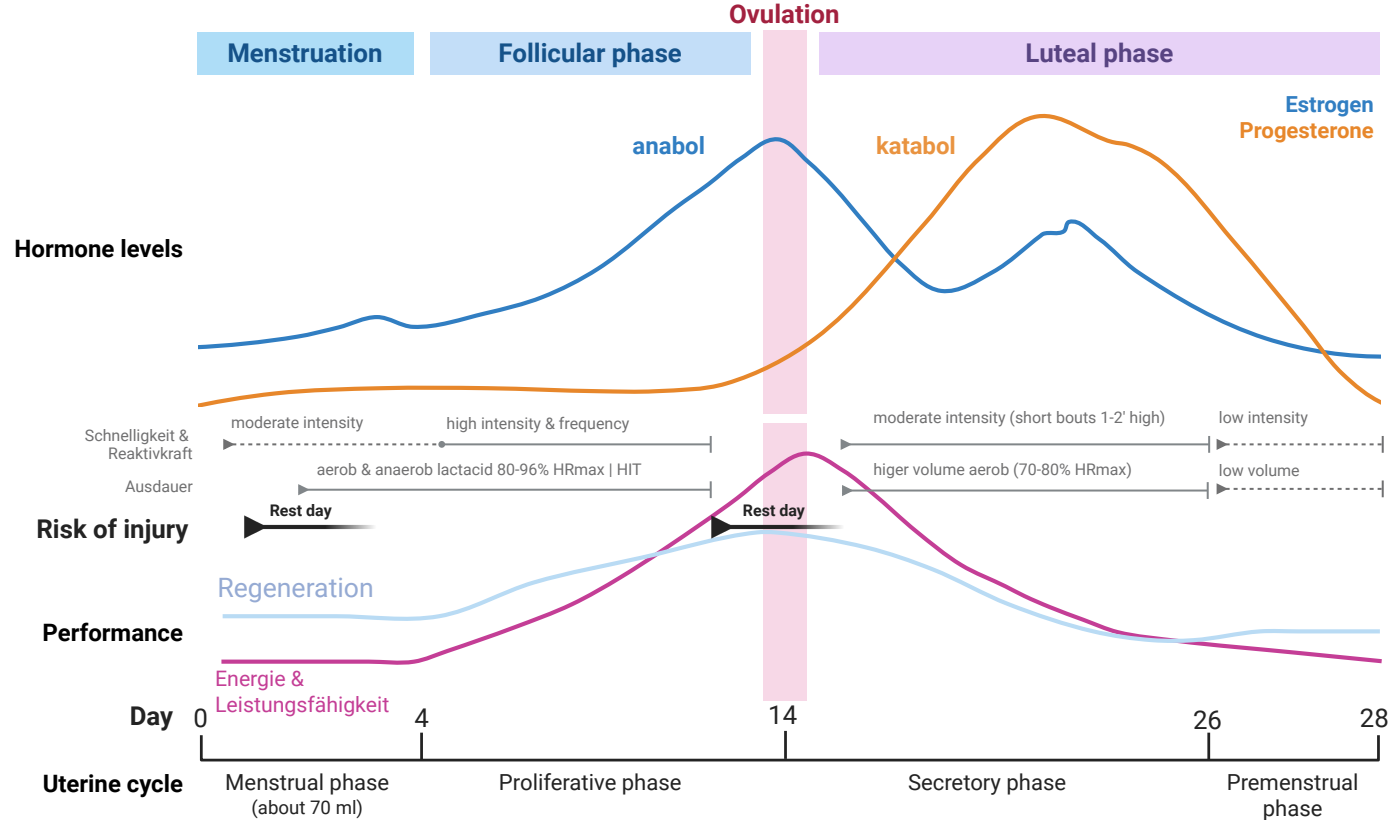
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Female cycle and risk of injury



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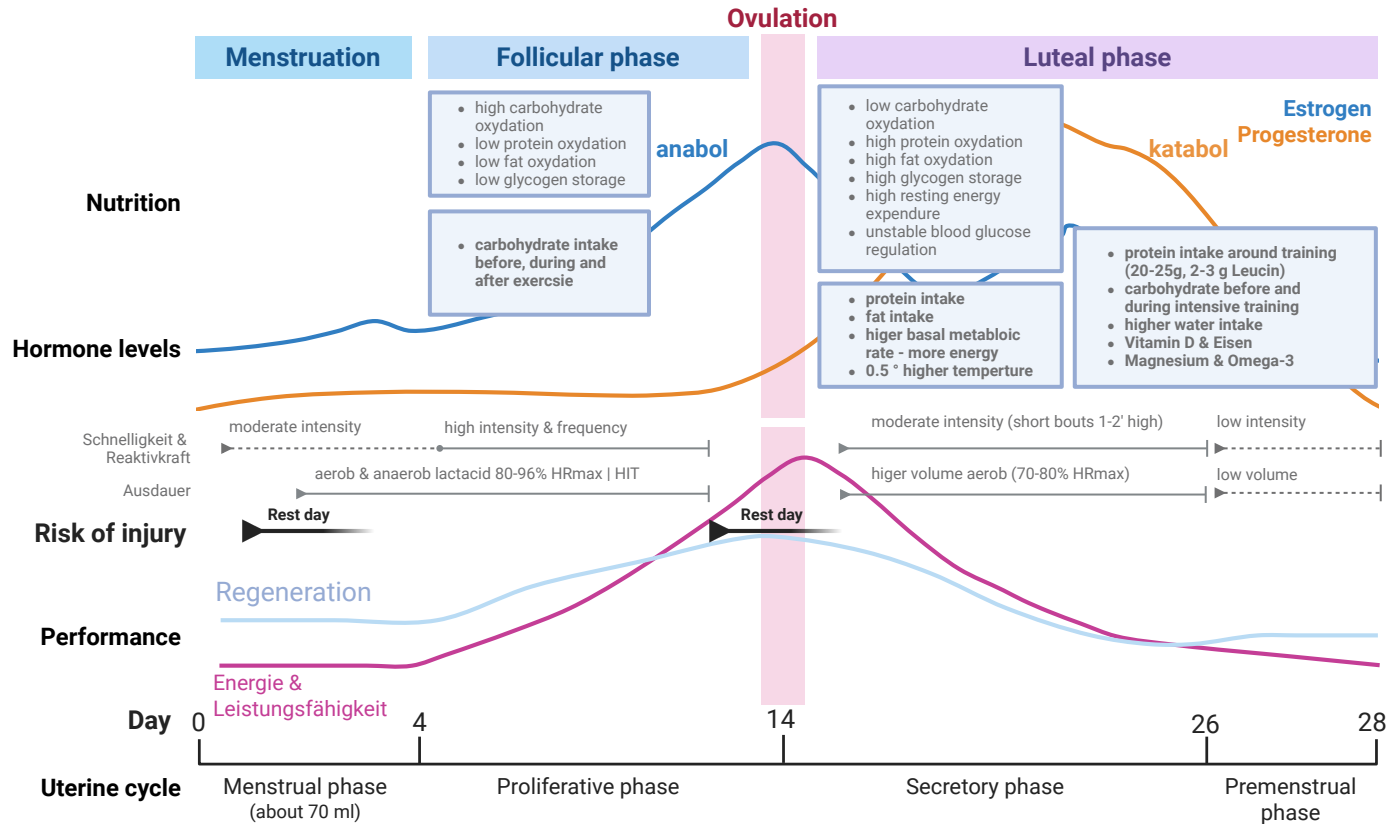
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