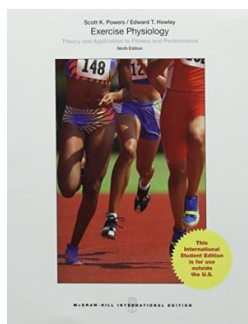


## Exercise Physiology: Theory and Application to Fitness and Performance



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