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AEROBIC FITNESS AND BODY COMPOSITION MICHAEL M. SMITH,ALLAN J.
SOMMER,BROOKE E. STARKOFF, AND STEVEN T. DEVOR Health And Exercise

Science, The Ohio State University, Columbus, Ohio ABSTRACT Smith, MM, Sommer, AJ, Starkoff, BE, And Devor, ST. Crossfit-based High-intensity Power Training Improves Maximal Aerobic Jan 20th, 2024.

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