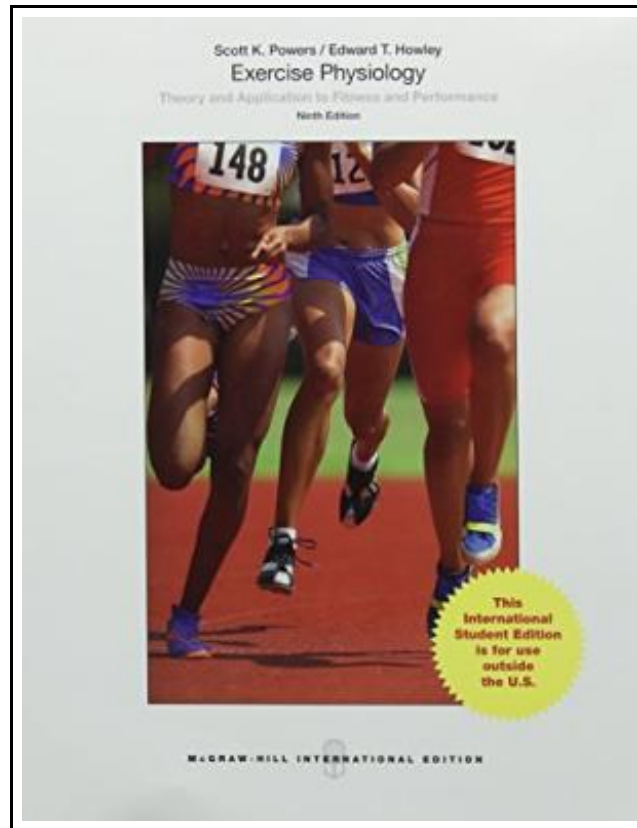# Exercise Physiology: Theory and Application to Fitness and Performance (Paperback)

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