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ORIGINALS

The Effects of Aquatic Exercise on Variables related to Body Composition in Children and Adolescents: a systematic review

Strength Exercises in Patients who will undergo Knee Arthroplasty via Fast-track Surgery: a randomised controlled study

Promotion of Extra Virgin Olive Oil as an ergogenic aid for athletes

Blood flow restriction plyometric training and muscle power in untrained adults

Assessment of salivary parameters and oral microbiota in amateur swimmers

REVIEW

Lactate responses in high-intensity interval training sessions and their metabolic implications in different protocols: an integrative review







