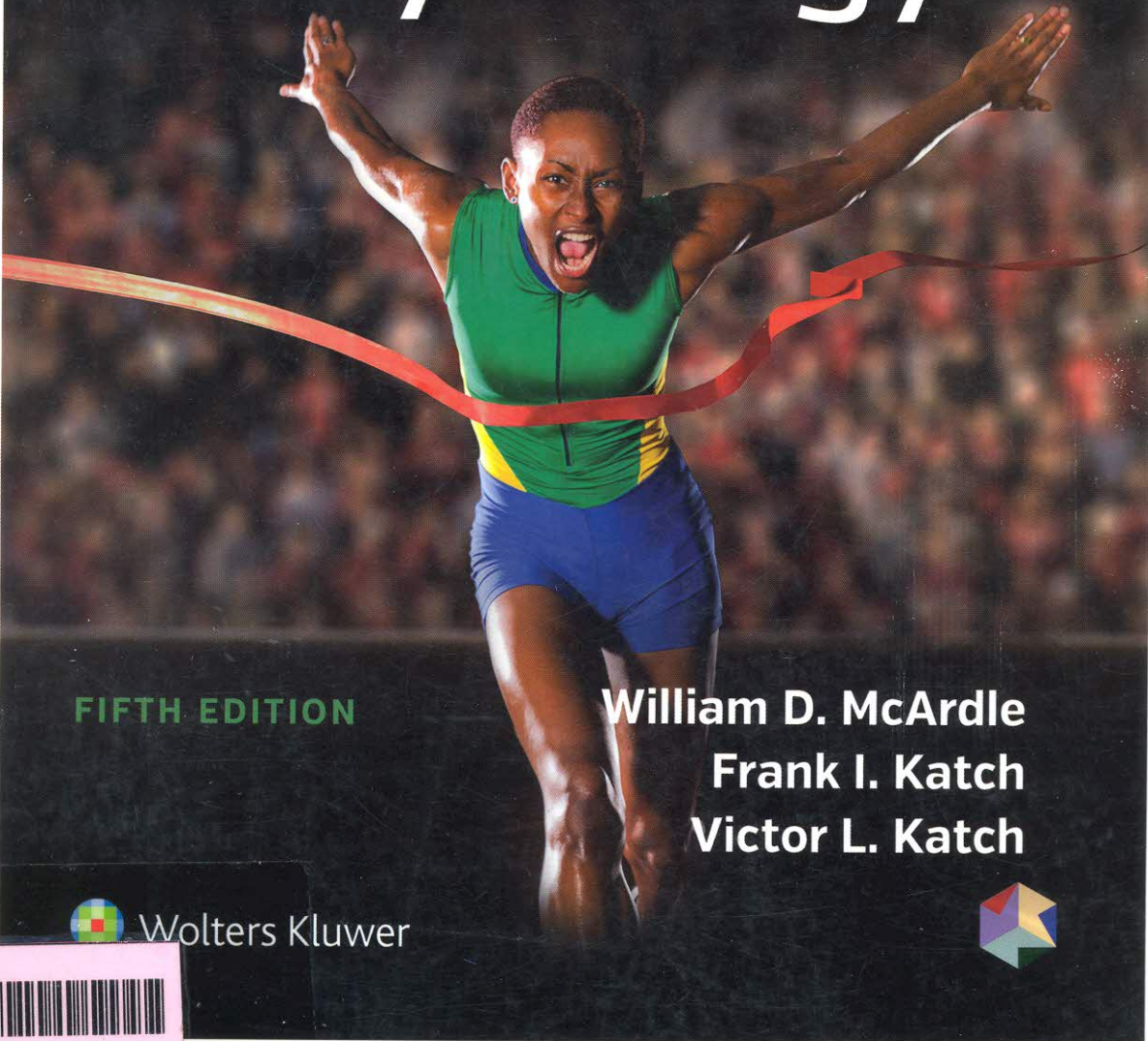


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ESSENTIALS OF  
**Exercise  
Physiology**



FIFTH EDITION

**William D. McArdle  
Frank I. Katch  
Victor L. Katch**

 Wolters Kluwer



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