

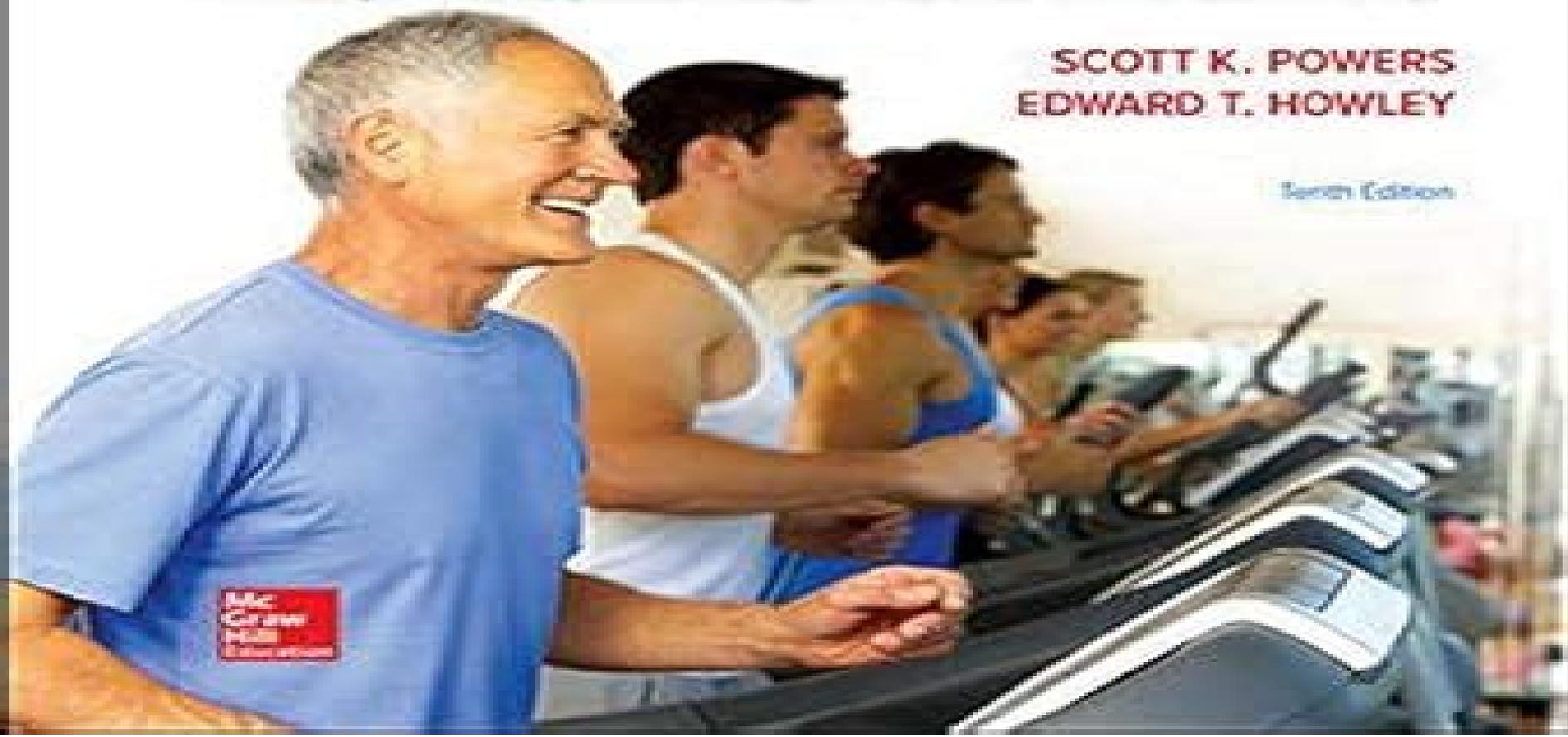


EXERCISE PHYSIOLOGY

Theory and Application to Fitness and Performance

SCOTT K. POWERS
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Seventh Edition



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