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HWE:340 Exercise and How the Body Adapts References **Katch, V., McArdle, W., & Katch, F.** (2015). Essentials of **exercise** physiology. (5th ed.). Retrieved from ...

HIITCAST 008 - ACSM's 2018 Fitness Trends Adam and I discuss the ACSM's 2018 Fitness Trends and answer and introduce our newest segment of "Bro Science Bullshit"!

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