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Chapter 5

Title: Chapter 8 Author: Brian B Parr, PhD Subject: Powers & Howley: Exercise Physiology, 7th Edition Created Date: 8/24/2015 12:27:02 AM

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Plowman SA & Smith DL 2003 Exercise Physiology for Health, Fitness and Performance 2nd ed New York Benjamin Cummings Powers SK & Howley ET 2009 Exercise Physiology Theory and Application to Fitness and Performance 7th ed New York McGraw-Hill Wilmore JH & Costill DL 2004 Physiology of Sport and Exercise 3rd ed Lower

INTELLIGENT PERSONAL TRAINING

Credit: Powers and Howley, Exercise Physiology, 7th Edition, 2009 The vast majority of the benefits of proper exercise come within the first hour of training At Smart Strength, our clients achieve even better results in even less time! The Dose/Response Curve of Exercise We lose muscle with aging, especially when we end up injured due

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Curling Heart Rate Recovery Study

Oxygen uptake (VO_2) remains elevated 2-3 minutes post exercise to replenish the oxygen (O_2) debt accumulated within the body during activity (Powers & Howley, 2007) Oxygen debt is one factor that interferes with metabolic processes and energy production causing muscle fatigue (Powers & ...