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AND STEVEN T. DEVOR Health And Exercise Science, The Ohio State University, Columbus, Ohio ABSTRACT Smith, MM, Sommer, AJ, Starkoff, BE, And Devor, ST. Crossfit-based High-intensity Power Training Improves Maximal Aerobic Feb 1th, 2024

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Terry Laughlin Is The Founder Of Total Immersion Swimming And Author Of Triathlon Swimming Made Easy. More Of His Articles Are Available At [Www.totalimmersion.net](http://www.totalimmersion.net). Created Date: May 1th, 2024

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