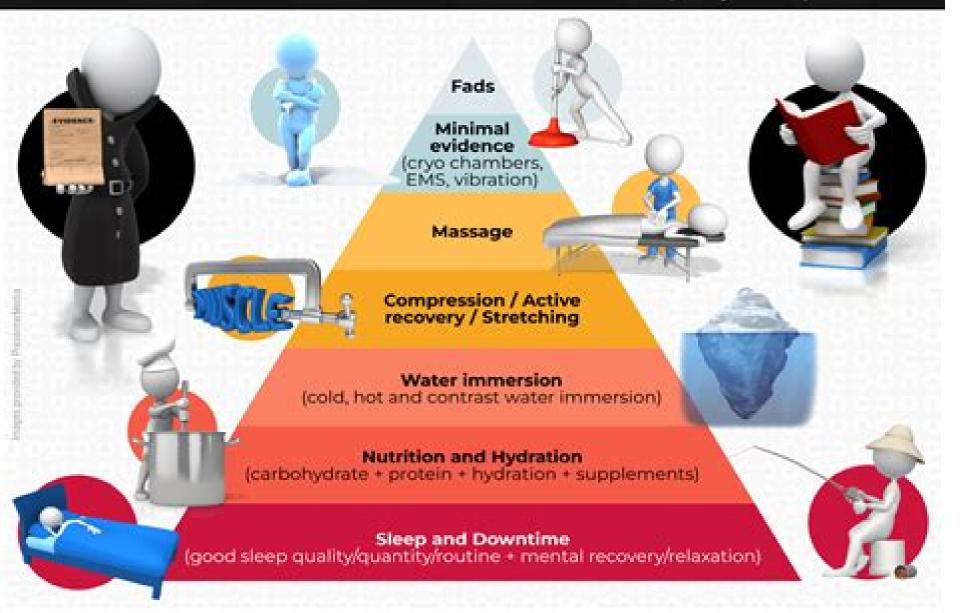
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Reference: S. Halson in NSCA's Essentials of Sport Science 2021

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