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Effects of Exercise Training on Cardiorespiratory Fitness and Biomarkers of Cardiometabolic Health: A Systematic Review and Meta-Analysis of Randomized Controlled Trials

DOI: 10.1161/jaha.115.002014

Journal of the American Heart Association, 2015, 4, .

Source: <https://exaly.com/paper-pdf/61968772/citation-report.pdf>

Version: 2024-04-19

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