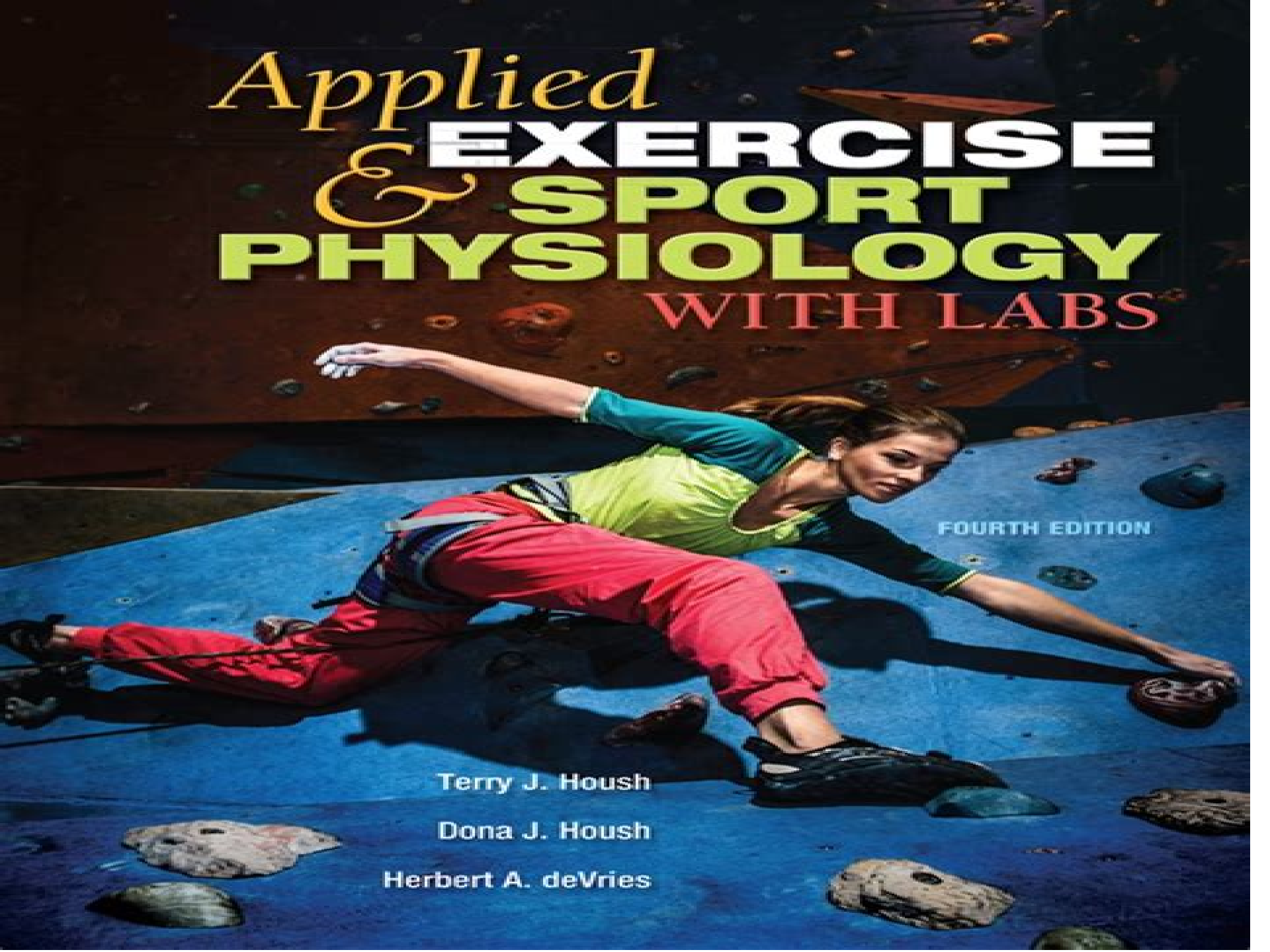


A woman with long brown hair is climbing a blue rock wall. She is wearing a teal long-sleeved shirt under a bright yellow-green tank top, and red athletic pants. She is in a dynamic pose, reaching out with her right arm to grab a hold. The wall is covered with various colored climbing holds (blue, red, yellow, black). The background is dark and out of focus.

Applied **EXERCISE** *&* **SPORT** **PHYSIOLOGY** *WITH LABS*

FOURTH EDITION

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Applied Exercise And Sport Physiology With Labs

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