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MICHAEL M. SMITH, ALLAN J. SOMMER, BROOKE E. STARKOFF, 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
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Laughlin Is The Founder And Head Coach Of Total Immersion Swimming And The
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