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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 Power Training Improves Maximal Aerobic 7th, 2024

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