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Email: ha2004mo@yahoo.com

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<sup>1-</sup> Skinner, B.F 2- Brown, J.S

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<sup>1-</sup> Brownley, K 2- Yamashita S, Iwai K 3- Karageorghis, C. Jones, L.Low, D.

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                         VO<sub>2</sub>max,
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                                            Gambattola (FQ)
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                                                                 Sony
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<sup>1-</sup> Borg Rated Exertion Scale 2- Bruce Treadmill Test

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1- Pujol, T.J.& Longenfeld, M.E 2- Lee, K.P

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