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Coyle PhD (Exercise and Sport Science Reviews, vol.23, p25, 1995. Williams and Wilkens, Publishers.) Michael Joyner M.D. also wrote some excellent synthesizing material on the issue of physiological limitations on performance (running). Journal of Applied Physiology 70:683-687, 1991.

### **EXERCISE PHYSIOLOGY - Owasco Velo Club**

basic exercise physiology is pillar of physical fitness one chapter on physical fitness test by bicycle ergo

meter, treadmill, master Harvard step tests ,Laddermill test etc can be added ...

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