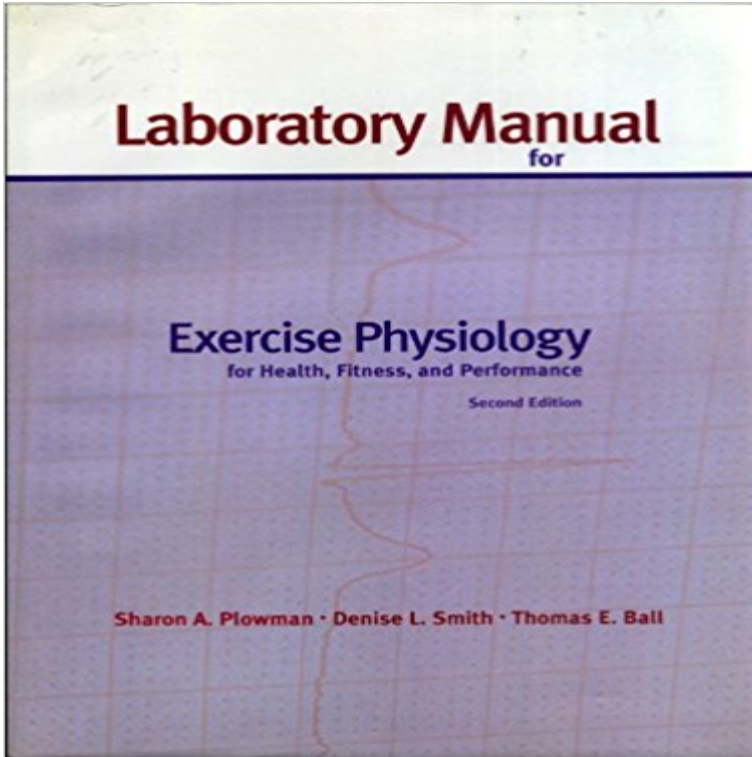


Laboratory Manual for Exercise Physiology for Health, Fitness and Performance



* by Sharon A. Plowman, Denise L. Smith, and Thomas E. Ball * This laboratory manual is designed to accommodate various facilities, class sizes, instructor preferences, and teaching objectives. Each lab presents detailed procedure and protocol and data for analysis, interpretation, and discussion.

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