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12 Endurance And Ultra-endurance Athletes Lete. Elite Endurance Athletes Exhibit Remarkable Aerobic Power. They Can Sustain Relatively High-velocity Movements For Hours That An Untrained Individual May Only Be Able To Maintain For Several Minutes Before Fatiguing. Figure 12.1 Muscular Endurance The Ability Of A Muscle Or Gro 4th, 2024

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