



Exercise and Physiology

Tai Kao-Sowa, Edward Zhou

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This book is a collaboration to provide a head start for the beginner and warn them of pitfalls and roads to take in an attempt to shorten the trial and error process that the beginner typically goes through when developing interest in exercise. A combination of a scientific approach and a collection of past experiences, this book will provide the beginner information on all things exercise and physiology.

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