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Adaptive changes in bodybuilders in conditions of different energy supply modes and intensity of training load regimes using machine and free weight exercises

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PeerJ

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Vol. 23, / 2023 / ISSN - / ISSN e 2247-8051

Disponibil online 11 October, 2023. Descarcări-1. Vizualizări-216

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Journal of Physical Education and Sport

Vol. 24, / 2024 / ISSN - / ISSNe 2247-8051

Disponibil online 18 March, 2024. Descarcări-4. Vizualizări-162



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Institutul de Dezvoltare a Societății Informaționale.

Actualizat: 24.06.2024, accesat: 24.06.2024

Disponibil: <https://ibn.idsi.md>

