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Developing a training strategy for teenage athletes in mixed martial arts for high-level competitions

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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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Integral method for improving precompetition training of athletes in Mixed Martial Arts

Manolachi Victor^{1,2}, Chernozub Andrei³, Tsos Anatolii³, Potop Vladimir^{2,4}, Kozina Zhanneta L.⁵, Zoriy Yaroslav B.⁶, Shtefiuk Ivan⁶

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Modeling the correction system of special kick training in Mixed Martial Arts during selection fights

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