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Activity and Exercise Prescriptions for Disease Prevention: The Effect of Interindividual Variability Under Different Training Approaches Robinson Ramírez-Vélez, Mikel Izquierdo, 2019-10-09 **Treadmill Walking** R. Sweetgall, Robert Sweetgall, Robert Neeves, 1989 Comparison of a Specially Designed Circuit Training Program with the Traditional Calisthenics Training Program on the Physical Fitness Levels of the Officer Candidates at the Kuwait Police Academy Jawad Askar Saud, 1987 The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2007 Gary Yanker's Sportwalking Gary Yanker, 1987 The latest techniques and training programs for sportwalking your way to fitness

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