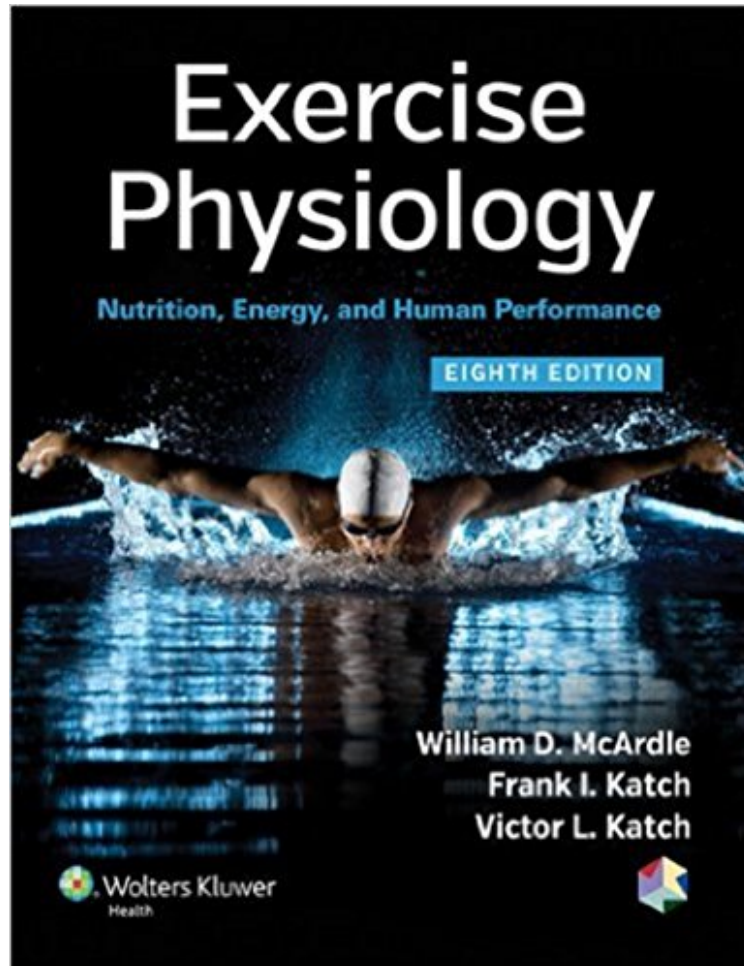


# Exercise Physiology: Nutrition, Energy, and Human Performance

*William D. McArdle, Frank I. Katch, Victor L. Katch*  
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