



# **Student Study Guide To Accompany Exercise Physiology: Theory And Application To Fitness And Performance**

*By Scott K. Powers, Edward T. Howley, Powers*

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- Sales Rank: #3323498 in Books
- Brand: Brand: William C. Brown
- Published on: 1996-08-01
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x 8.50" w x .25" l,
- Binding: Hardcover
- 152 pages



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