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Fry (2004), One Of The Fundamental Challenges In Describ-ing Resistance Exercise Is How To Quantify The Intensity Em- ... %1RM And Barbell Velocity ($R^2 = 0.98$) In The Bench Press Exercise (González-Badillo And Sánchez-Medina, 2010). ... Were: 1) Being A Young, Physically Active Man Capab
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None Of The Subjects Tested Into The Elite Category Which Was Being Able To Deadlift 200% Or Greater Of Their Body Weight. The Average Deadlift Was 109% Of The Subject'sbody Weight ($SD=0.2$). 3 While Sprinting 84.6% Of The Subjects Fell Into The Slow Category Which Was Running The Sprint In Over 3.0 Seconds. There Were

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