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Research outputs

Changes in Cardiorespiratory Fitness Following Exercise Training Prescribed Relative to Traditional Intensity Anchors and Physiological Thresholds: A Systematic Review with Meta-analysis of Individual Participant Data
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Awards

VECTOR: Vibrational Exercise for Crohn’s To Observe Response - VECTOR (2nd Stage)
Bottoms, L. (PI), Pujari, A. (CoI) & Brooks-Warburton, J. (CoI)
1/06/24 → 31/05/27