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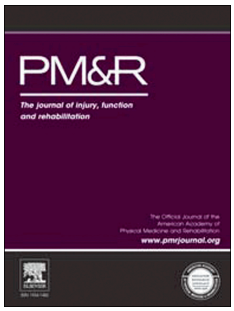

Predicting one repetition maximum using hand-held dynamometry

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Title

Predicting one repetition maximum using hand-held dynamometry

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