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More efficient, perhaps, but at what price? Pleasure and enjoyment responses to high-intensity interval exercise in low-active women with obesity

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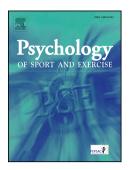
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More efficient, perhaps, but at what price?

Pleasure and enjoyment responses to high-intensity interval exercise in low-active women with obesity

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