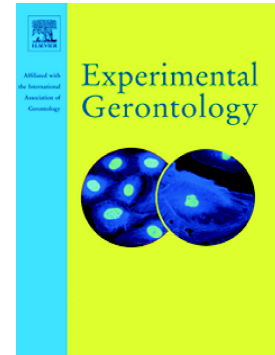


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**Power Training using Pneumatic Machines Vs. Plate-Loaded Machines to Improve  
Muscle Power in Older Adults**

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