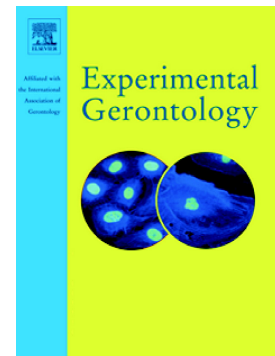


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# **Impact of maximal strength training on work efficiency and muscle fiber type in the elderly: Implications for physical function and fall prevention**

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