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Short-term water-based aerobic training promotes improvements in aerobic conditioning parameters of mature women

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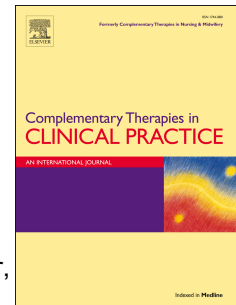
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