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Evaluation of two different resistance training volumes on the skin surface temperature of the elbow flexors assessed by thermography

Paulo Uchôa, Filipe Matos, Eduardo Borba Neves, Francisco Saavedra, Claudio Rosa, Victor Machado Reis, José Vilaça-Alves

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**EVALUATION OF TWO DIFFERENT RESISTANCE TRAINING  
VOLUMES ON THE SKIN SURFACE TEMPERATURE OF THE  
ELBOW FLEXORS ASSESSED BY THERMOGRAPHY**

Paulo Uchôa<sup>a</sup>, Filipe Matos<sup>a,d</sup>, Eduardo Borba Neves<sup>a,b,c</sup>, Francisco Saavedra<sup>a,d</sup>, Claudio Rosa<sup>a</sup>, Victor Machado Reis<sup>a,d</sup>, José Vilaça-Alves<sup>a,d</sup>

a. Sports Department, Trás-os-Montes e Alto Douro University, Quinta de Prados St, 5001- 801, Vila Real, Portugal

b. Brazilian Army, Quartel General do Exército, Sector Militar Urbano 4º andar, 70.630-901 - Brasília/DF, Brazil 'Permanent address'

c. Graduate Program of Biomedical Engineering, Federal Technological University of Paraná, Sete de Setembro Ave 3165, 80230-901, Curitiba, PR, Brazil

d. Research Center for Sports, Health Sciences and Human Development, CIDESD; University of Trás-os-Montes & Alto Douro, Vila Real, Portugal.

***Corresponding Author***

Filipe Matos

*E-mail Address:* filipejosematos@gmail.com

***Co-authors:*** Paulo Uchôa (paulouchoapersonal@gmail.com) Eduardo Borba Neves (borbaneves@hotmail.com), Francisco Saavedra (fjfsaave@utad.pt) Cláudio Rosa (claudiorosa23@yahoo.com), Victor Machado Reis (victormachadoreis@gmail.com), José Vilaça-Alves (josevilaca@utad.pt),

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