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CARDIORESPIRATORY FITNESS OF MEN - A  
SYSTEMATIC REVIEW AND META-ANALYSIS

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**Highlights**

- Interventions that work with a progression of intensity have better effects on the cardiorespiratory fitness of men.
  - The largest effect size was observed for interventions with aerobic and resistance exercise combined in the same session.
  - It seems that the best effects on the cardiorespiratory fitness of men occurred with exercises of moderate to vigorous intensity.
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**EFFECT OF PHYSICAL EXERCISE on the CARDIORESPIRATORY FITNESS OF MEN - A SYSTEMATIC REVIEW AND META-ANALYSIS**

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