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Effect of upper body plyometric training on physical performance in healthy individuals: A systematic review

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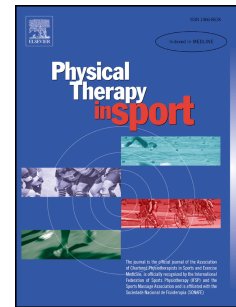
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