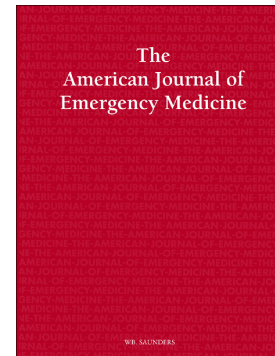


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How can lifeguards recover better? A cross-over study comparing resting, running, and foam rolling

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Title: How can lifeguards recover better? A cross-over study comparing resting, running, and foam rolling

How can lifeguards recover better?

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