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Principles of Exercise Testing and Interpretation: Including Pathophysiology and Clinical Applications. 5th Edition. by Ph.D. Wasserman, Karlman, M.D. (Author), Ph.D. Hansen, James E. (Author), M.D. Sietsema, Kathy E. (Author), M.D. Sue, Darryl Y. (Author), M.D. Stringer, William W. (Author) & 2 more. 4.7 out of 5 stars 18 ratings.

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Principles of Exercise Testing and Interpretation: Including Pathophysiology and Clinical Applications, 4th Edition. Authors: Wasserman, Karlman MD, PhD; Hansen, James E. MD; Sue, Darryl Y. MD; Stringer, William W. MD; Whipp, Brian J. PhD, DSc
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By Karlman Wasserman, MD, PhD, James E. Hansen, MD, Darryl Sue, MD, William Stringer, MD, and Brian J. Whipp, PhD, DSc.
Philadelphia, PA: Lippincott Williams & Wilkins, 2005; 585 pp; \$99.00. Doctors Wasserman, Hansen, Sue, Stringer, and Whipp are.

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Overload: For adaptation to occur the volume of exercise must overload the body in some way in line with the capacity of the individual to cope with that overload.

Principles of Exercise □ PT Direct

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