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Nair sreejayan (editor of nutrition and enhanced

Nair Sreejayan is the author of Vascular Biology Protocols (0.0 avg rating, 0 ratings, 0 reviews, published 2008), Nutritional and Therapeutic Interventi

Nutritional supplementation in health and sports

Introduction. The nutritional status of an athlete is a major determinant of health, fitness and sports performance. Nutrition plays a central role in adaptation

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Muscle building for sports performance - workout

Plyometric exercises are great for muscle building for sports performance, build muscle for sports performance on building up aerobic endurance and strength.

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