

«Guide for Authors»

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- **Proceedings.** Abe T, Midorikawa T, Yasuda T, Sato Y, Ishii N, Inoue K (2003) Effects of low-intensity "Kaatsu" resistance training on muscle size (in Japanese). In: *Proceedings of the 16th Scientific Congress for Sports and Exercise Training*, Hiroshima, Japan, pp. 16-17.

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