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Neuromuscular adaptations to concurrent strength and ... -

Sun, 12 Aug 2018 16:03:00 GMT - Endurance GB is the National Governing Body for the sport of Endurance Riding. It encompasses 23 local Groups throughout England and Wales who organise social events and rides from 8km (5miles) which are non-competitive or social/training rides, right up to 160km competitive rides (100 miles) for the most advanced horse and rider - we pride ...

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Wed, 15 Aug 2018 03:13:00 GMT - 10/30/2013 1 Section 7: Muscular Strength, Endurance and Flexibility ACSM Guidelines: Chapter 4 (pp. 94-100)