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Preface - Bret Contreras

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1. Alexander, MJ. The Relationship Between Muscle Strength And Sprint Kinematics In Elite Sprinters. Can J Sport Sci 14: 148-157, 1989. Figure 3. Relationship Between 1 Repetition Maximum/body Mass (1RM/ BM) Ratio And 5 Yard Sprint Times. Figure 4. M Feb 8th, 2024

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