

## CERTIFICATE

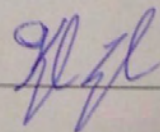
To whom it may concern,

I, Kyle Robinson Lynch, of 1 Golden Spur Ln, Blythewood, SC 29016, USA, being an English native speaker, with over one year of professional experience in proofreading scientific manuscripts, hereby confirm that I have reviewed the document entitled:

**Role of metabolic stress for enhancing muscle adaptations: practical applications**

in its entirety and believe it to be of publication quality.

Dated January 17, 2017.



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Kyle Robinson Lynch