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TITLE OF THE PAPER

High-intensity interval training for health benefits and care of cardiac diseases -The key to an efficient exercise protocol-

AUTHORS

SHIGENORI ITO

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Signature

Vikas Narang

Vikas Narang,
Senior Vice President,
Operations-Author Services, Editage

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Contact Editage

Worldwide
request@editage.com
+1 877-334-8243
www.editage.com

Japan
submissions@editage.com
+81 03-6868-3348
www.editage.jp

Korea
submit-
korea@editage.com
1544-9241
www.editage.co.kr

China
fabiao@editage.cn
400-005-6055
www.editage.cn

Brazil
contato@editage.com
0800-892-20-97
www.editage.com.br

Taiwan
submitjobs@editage.com
02 2657 0306
www.editage.com.tw