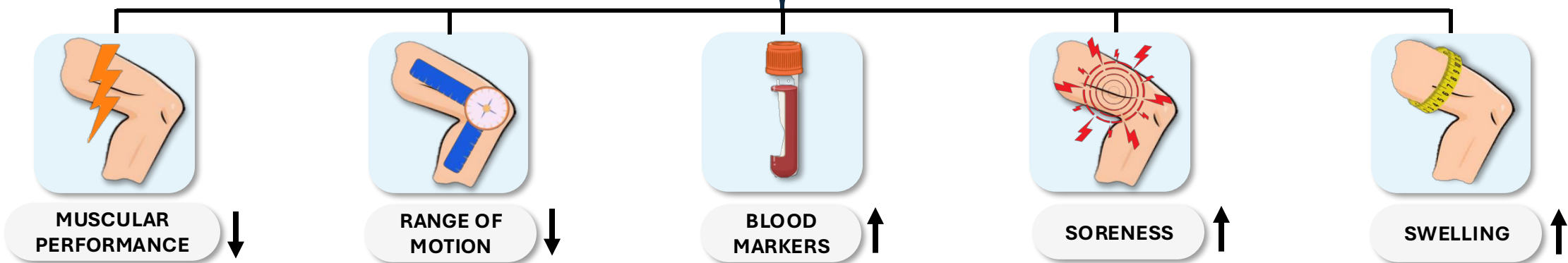


EXERCISE-INDUCED MUSCLE DAMAGE



ENVIRONMENTAL STRESS-BASED STRATEGIES

	MUSCULAR PERFORMANCE	RANGE OF MOTION	BLOOD MARKERS	SORENESS	SWELLING