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Email : h_arazi2003@Yahoo.com
2 - Concurrent Exercises
3 - Leukocyte

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- 1- Cytokines
 - 2- Leukocytes Adhesion
 - 3- Field et al
 - 4- Nielsen et al

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1- Ronsen et al
 2- Nieman et al
 3- Gleeson
 4- Ansley et al
 5- Simonson
 6- Tzai and Gleeson



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- 1- Innate Imunity
 - 2- Kendall et al
 - 3- Shek et al
 - 4- Gabriel et al
 - 5- Pedersen and Steensberg
 - 6- Scharhag et al
 - 7- Shinaki et al
 - 8- Iversen et al
 - 9- Nemet et al

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(1RM)(Kg)						VO ₂ max (ml/kg/min)	(Kg/M ²)	(%)	(Kg)	(Cm)	(Yr)	
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*** 54/0.7 ± /	** 52/38 ± /	* 53/0.2 ± /			
*** 54/49 ± /	** 53/17 ± /			* 53/13 ± 0/68	

***, **, *



$$\begin{aligned} & \text{(VO}_2\text{max)} \\ & \text{(} \text{) VO}_2\text{max} \\ & \text{(} \text{)} \\ & \text{(} \text{)} \\ & \pm / \\ & \text{VO}_2\text{max} \quad r = / \quad \text{VO}_2\text{max} \\ & \text{: } \quad \text{(HR}_5\text{)} \\ & \text{VO}_2\text{max (} - / \text{ (HR))} \end{aligned}$$

(IRM)

$$\text{(} \text{)}$$

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- 1- Fax
 - 2- Lat Pull-Down



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K₃EDTA

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(Sysmex K-1000) Cell Counter

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(PV)

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:RCV,

:BV,

$$BV_a = BV_b \times (HB_b / HB_a)$$

$$RCV_a = BV_a \times HCT_a$$

$$PV_a = BV_a - RCV$$

$$BV_b = \text{ mI}$$

$$RCV_b = HCT_b$$

$$PV_b = [1 - (HCT_b / 100) \times 100]$$

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1- Bonferroni Post-hoc Test

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1- Upper Respiratory Tract Infection

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HPA

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- 1- Leukocytosis
 - 2- Hypothalamus – Pituitary – adrenal axis
 - 3- Biphasic Response

HPA

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1- Stress Hormones

2- Acute Phase Proteins

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