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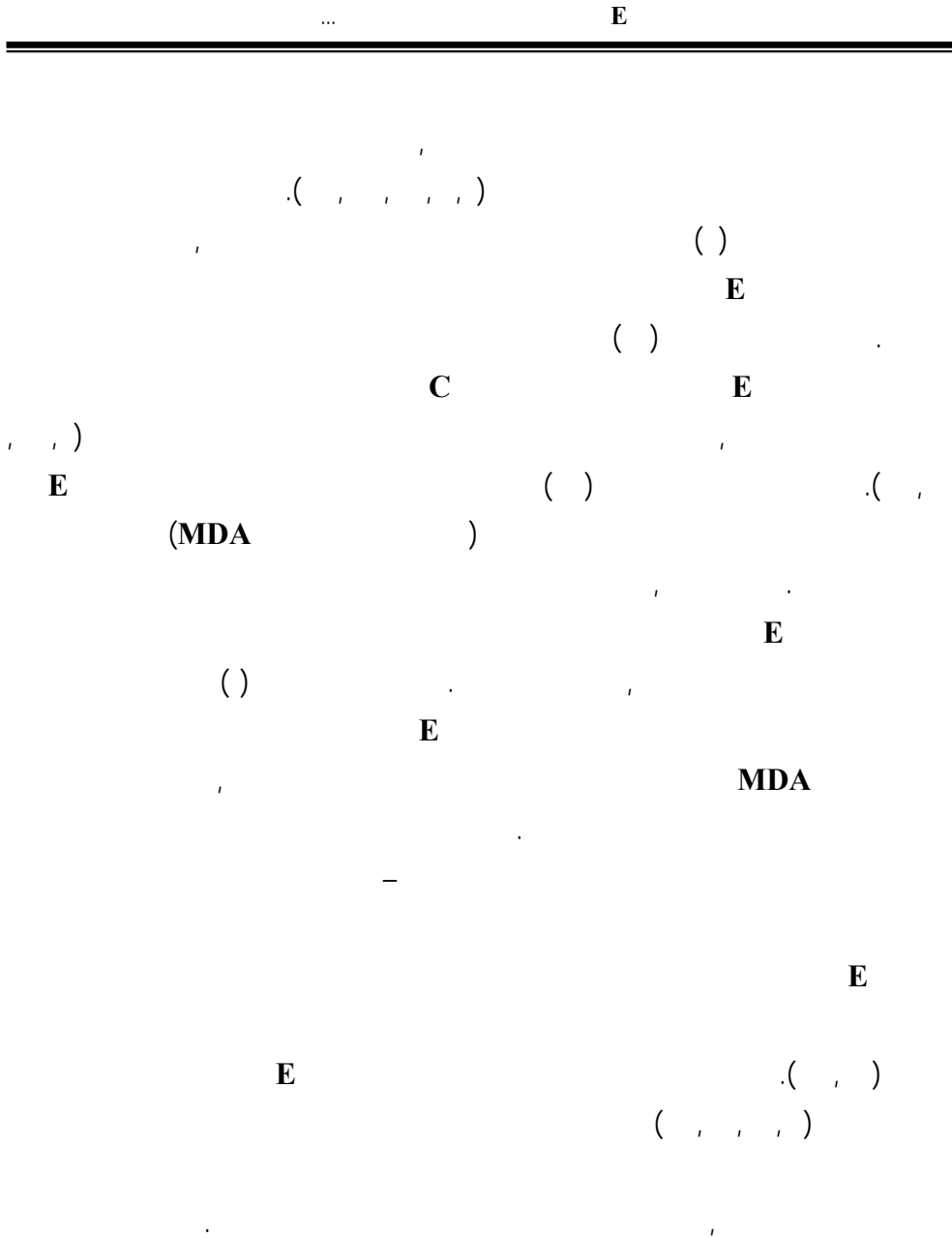
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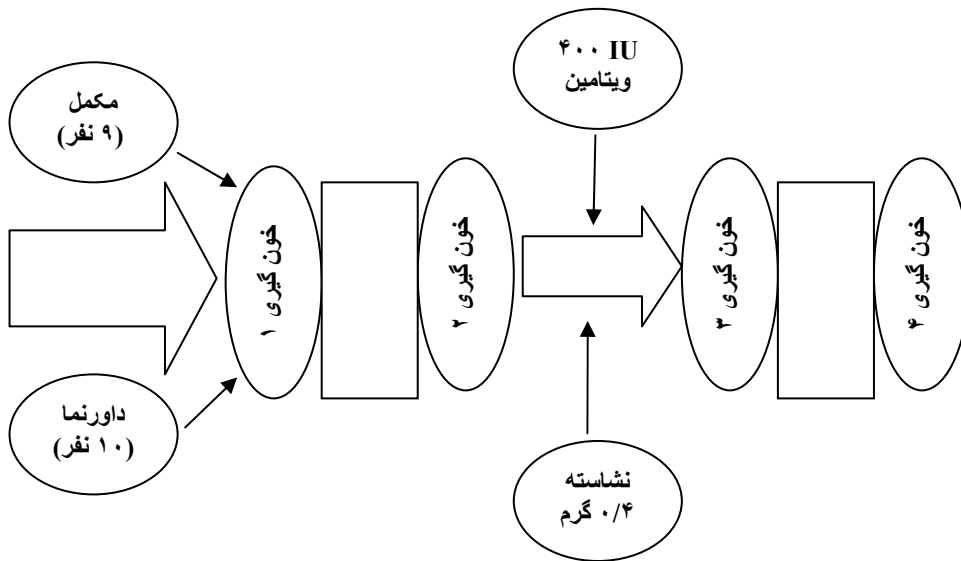
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۶۷/۳ ± ۸/۱۷	۲۰/۷ ± ۰/۹۴	۲۱/۸۷ ± ۳/۰۲	۳۸/۵۵ ± ۳/۸۲	داورنما

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$$() : VO_2 \text{ max (ml.kg}^{-1}\text{.min}^{-1}) = \frac{SM.(220 - \text{age} - 73 - (\text{sex}.10))}{(HR - 73 - (\text{sex}.10))}$$

$$() : SM(\text{ml.kg}^{-1}\text{.min}) = \frac{F(\text{kg.m.min}^{-1}) \times 1.8}{BW(\text{kg})}$$

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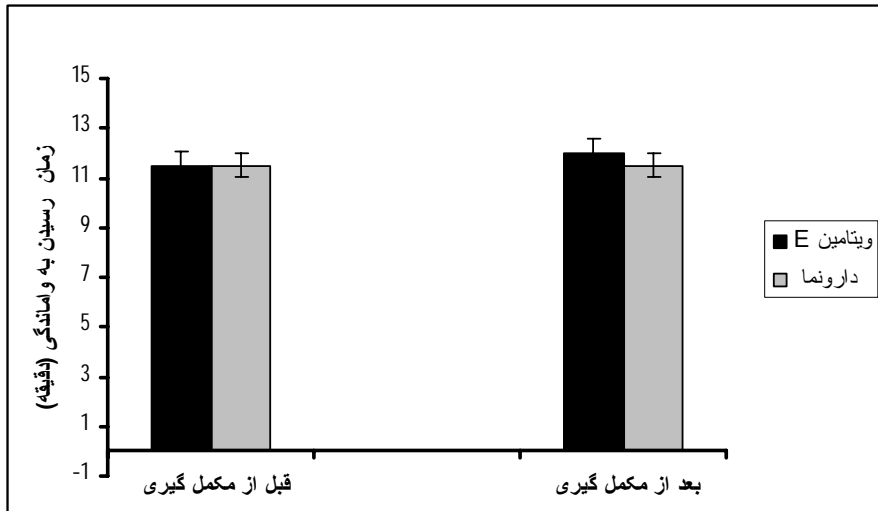
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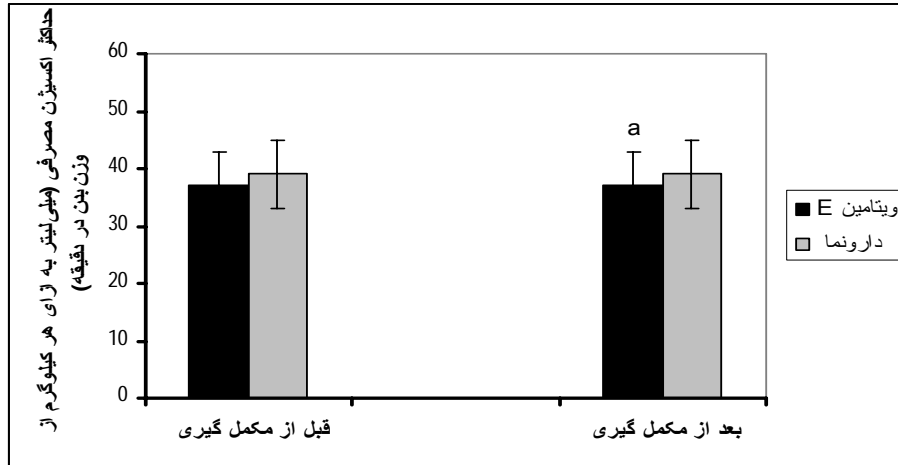
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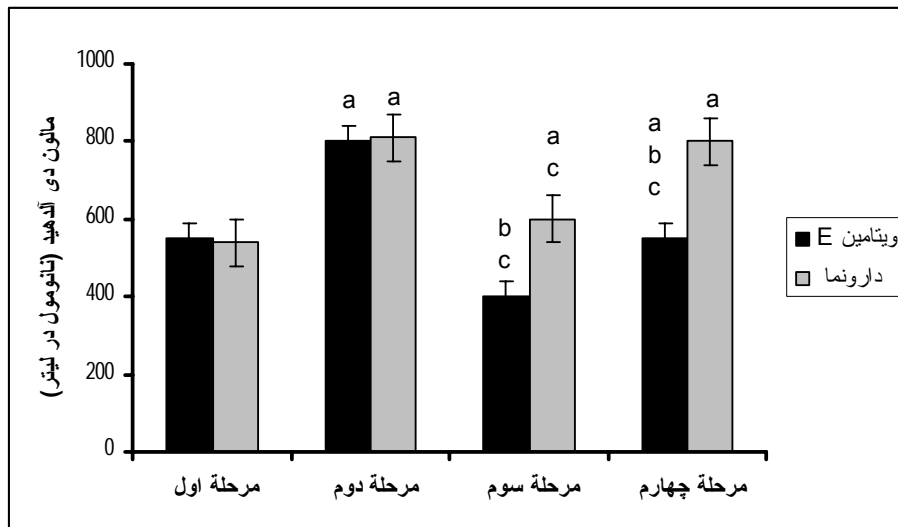
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