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Email : [Vdabidiroshan @ Yahoo.com](mailto:Vdabidiroshan@yahoo.com)



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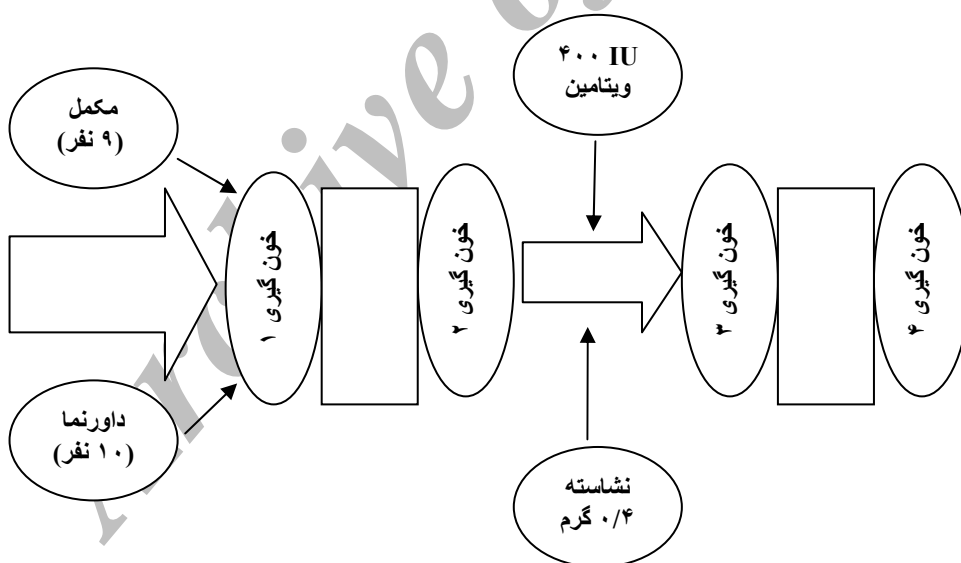
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۶۷/۳ ± ۸/۱۷	۲۰/۷ ± ۰/۹۴	۲۱/۸۷ ± ۳/۰۲	۳۸/۵۵ ± ۳/۸۲	داورنما

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

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

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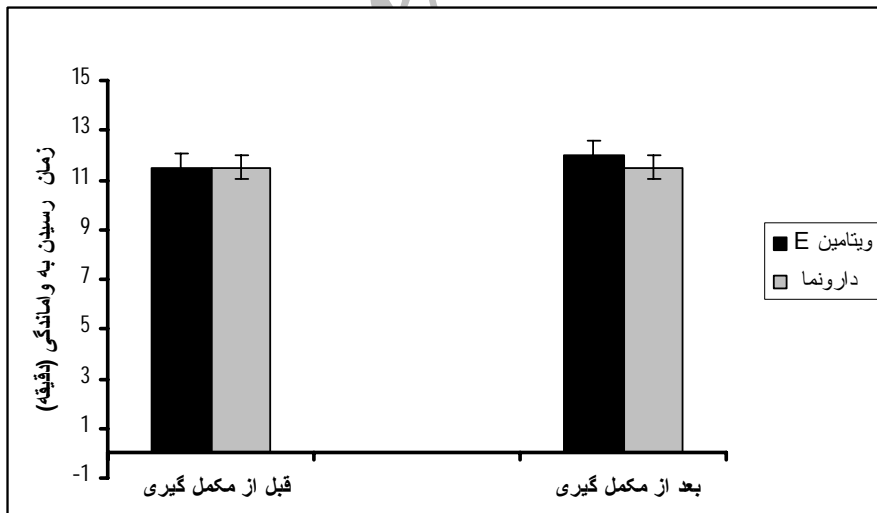
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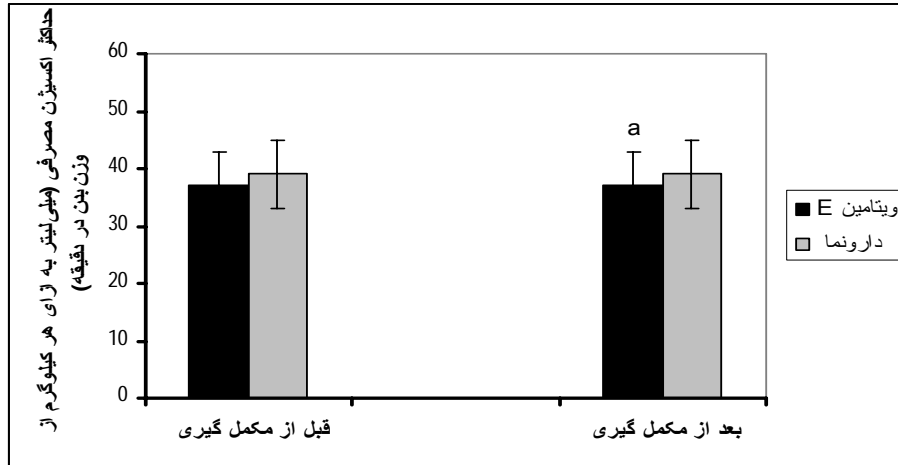
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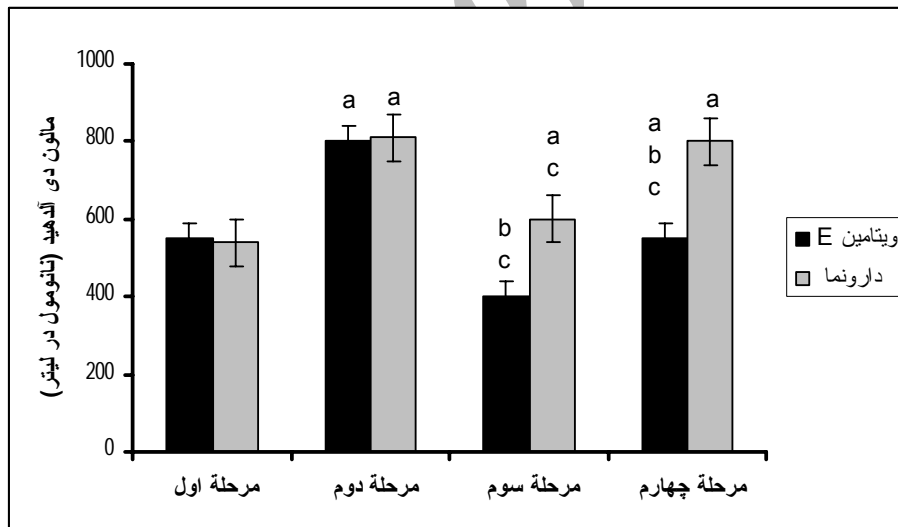
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