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Neuromuscular Adjustments of the Quadriceps Muscle after Repeated Cycling Sprints

This is the Accepted version of the following publication

Girard, Olivier, Bishop, David and Racinais, Sébastien (2013) Neuromuscular Adjustments of the Quadriceps Muscle after Repeated Cycling Sprints. PLoS ONE, 8 (5). ISSN 1932-6203

The publisher's official version can be found at
<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0061793>
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Brief MVCs

Sustained MVCs

