## Improving handball athletes' physical fitness components through Tabata training during the outbreak of COVID-19

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Abstract	
Authors	E Setiawan, DT Iwandana, R Festiawan, C Bapista
Journal Name Jurnal SPORTIF: Jurnal Penelitian Pembelajaran 6 (2), 375-389, 2020	
Publish Year	2020
Citation	32
Url	https://scholar.google.com/scholar?q=+intitle:"Improving handball athletes' physical fitness components through Tabata training during the outbreak of COVID-19"
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