

12-Weeks programmed aerobics dance reduced body mass index and waist circumference of young women

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Abstract	
Authors	E Sulistyoningrum, S Candrawati
Journal Name	Bangladesh Journal of Medical Science 15 (3), 376, 2016
Publish Year	2016
Citation	6
Url	<a 12-weeks="" aerobics="" and="" body="" circumference="" dance="" href="https://scholar.google.com/scholar?q=+intitle:" index="" mass="" of="" programmed="" reduced="" waist="" women"="" young="">https://scholar.google.com/scholar?q=+intitle:"12-Weeks programmed aerobics dance reduced body mass index and waist circumference of young women"
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