The Effect of Continuous Training and High-Intensity Interval Training on Obesity Complication Parameters

Title	The Effect of Continuous Training and High-Intensity Interval Training on Obesity Complication Parameters
Abstract	
Authors	S Candrwawati, E Huriyati, F Zhulmi, RA Erwanda, D Prasetyo
Journal Name Proceeding International Conference of Health Sciences (ICHS), 2021	
Publish Year	2021
Citation	(not set)
Url	https://scholar.google.com/scholar?q=+intitle:"The Effect of Continuous Training and High- Intensity Interval Training on Obesity Complication Parameters"
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