

Effects of infrared sauna, traditional sauna, and warm water immersion on accelerated exercise recovery and prevention of cell damage: an experimental study

Title	Effects of infrared sauna, traditional sauna, and warm water immersion on accelerated exercise recovery and prevention of cell damage: an experimental study
Abstract	
Authors	A Kaharina, O Wiriawan, IK Akbar, ABK Nugraha, R Festiawan, ...
Journal Name	Retos 59, 1046-1054, 2024
Publish Year	2024
Citation	(not set)
Url	https://scholar.google.com/scholar?q=+intitle:"Effects of infrared sauna, traditional sauna, and warm water immersion on accelerated exercise recovery and prevention of cell damage: an experimental study"
Author	RIFQI FESTIAWAN, S.Pd, M.Pd.AIFO