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By James Halle .pdf**

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James Halle is the author of The Truth Breaks Free (5.00 avg rating, 1 rating, 1 review, published 2013) and Enhancing the Aerobic Fitness of Individuals [the unofficial guide to cruises.pdf](#)

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Background/Purpose: Cryotherapy and roller massage therapy is currently utilized as means of recovery for people who experience delayed onset muscle soreness (DOMS

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