

Rakobowchuk M<sup>1</sup>, Harris E, Taylor A, Cubbon RM, Birch KM.

**Moderate and heavy metabolic stress interval training improve arterial stiffness and heart rate dynamics in humans.**

Eur J Appl Physiol. 2013 Apr;113(4):839-49. doi: 10.1007/s00421-012-2486-6. Epub 2012 Sep 16.

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