

Effect of physical exercise program based on active breaks on physical fitness and vigilance performance

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Biology (Basel)

2021; 10(11):e11151

ARTICLE IDENTIFIERS

DOI: 10.3390/biology10111151

PMID: 34827143

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2013243056

pISSN: not available

eISSN: 2079-7737

OCLC ID: 797208902

CONS ID: not available

US National Library of Medicine ID: 101587988

This article was identified from a query of the SafetyLit database.