



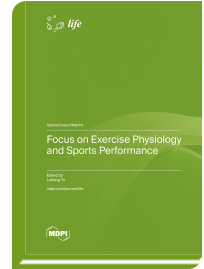
Special Issue Reprint

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The fields of exercise physiology and sports performance explore the intricate relationship between physical activity, the body's physiological responses, and athletic performance. Within this context, the study of how the body functions during exercise is essential. The goal of this Special Issue is to synthesize the latest research that demonstrates how the body adapts to exercise and provides insights into how training can enhance performance and optimize athlete's capabilities.



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