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Special Issue Reprint

Biomechanics and Bionics in Sport and Exercise

Edited by: Rui Zhang and Wei-Hsun Tai

This reprint explores the fascinating fields of biomechanics and bionics, revealing their profound impact on enhancing human performance and pushing the limits of the human body. Through in-depth research and innovative applications, we gain valuable insights into optimizing training techniques, reducing injury risks, and unleashing the full athletic potential within us. This comprehensive resource is a collaborative effort of esteemed authors, aiming to inspire scholars, athletes, and enthusiasts alike to embrace the remarkable possibilities at the nexus of science and sports. Join us on this exhilarating journey as we unlock the secrets of human potential.

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