

Reference

Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults: Guidance for Prescribing Exercise. Garber, Carol Ewing; Blissmer, Bryan; Deschenes, Michael R.; Franklin, Barry A.; Lamonte, Michael J.; Lee, I-Min; Nieman, David C.; Swain, David P. *Medicine & Science in Sports & Exercise.* 43(7):1334-1359, July 2011.

