

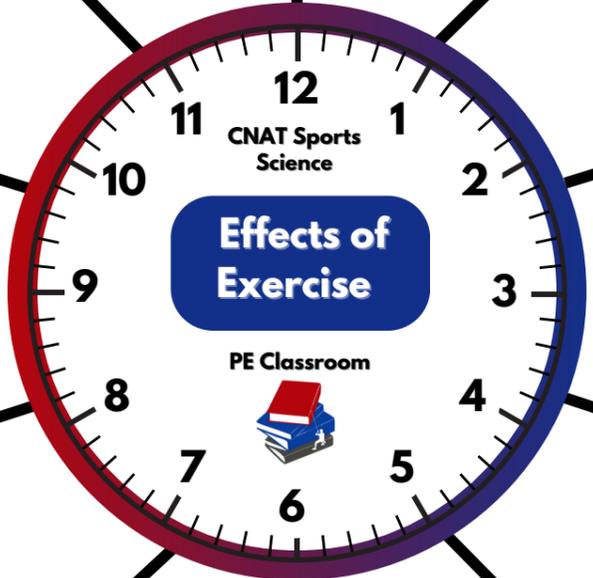
Effects of Endurance Sports

Effects of Strength Based Sports

Difference between Short & Long Term Effects

Short Term Effects on the Musculoskeletal System

Short Term Effects on the Cardiovascular System



Effects of Exercise

Effects of Short, High Intensity Sports

Long Term Effects on the Respiratory System

Long Term Effects on the Musculoskeletal System

Long Term Effects on the Cardiovascular System

Short Term Effects on the Respiratory System