

A photograph of a gym interior. In the foreground, a black rectangular sign with white text is overlaid on the image. The sign reads "SUBMAXIMAL TEST". In the background, a person is standing on an elliptical machine. The gym has large windows on the left side, and the floor is covered with green artificial turf. The overall scene is brightly lit.

# SUBMAXIMAL TEST

# Submaximal Exercise Volume1

**M Mosston**



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