



HISPANO-LUSO WORKSHOP ON SCIENCES IN EXERCISE AND ACTIVE LIFE

Organized by

**The Institute of Biomedicine (IBIOMED), University of
León, Spain**

**The Polytechnic Institute of Braganza, University of
Tras-os-Montes and Alto Douro, Portugal**

**The Research Centre in Sports Sciences, Health
Sciences and Human Development, (CIDESD) Portugal**



**Faculty of Physical Activity and Sport Sciences
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