Manuscript title manuscript title manuscript title manuscript title manuscript title: Title title

Abstract. The abstract should be confined to a single paragraph and should not exceed 300 words. There should be no tables, figures, or bibliography. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

Keywords. Keyword, keyword, keyword, keyword, keyword. (It should be written in alphabetical order)

Introduction

Main text, main text, main text. Main text, main text, main text (Williams et al., 2020; Salas, 2011; Martin & Yusuef, 2018). Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text (Heidari et al., 2020; Madani & Zerf, 2008; Nanevi, 2021).

Suazo et al. (2015) text body main text, main text. DeBeliso & Souza (2016) and Sayyah (1998) main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

The purpose/s and hypothesis of study should be stated in the last paragraph of introduction. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

Methods

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**Participants**

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text.

**Procedure**

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***Blood lactate measurements***

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**Data Analyses**

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Results

Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text. Main text, main text, main text (Table 1). Main text, main text, main text. Main text, main text, main text. Main text, main text, main text (Figure 1).

***Table 1 here***

***Figure 2 here***

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***Figure 2 here***

Discussion

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**Conclusion**

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(They should be written in alphabetical order. In case of doubt, follow the APA rules. Journal titles should be abbreviated in style used in Index Medicus.)

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**Table 1**

Table title table title table title.

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|  | Heading |  |  |  |
| Heading | Heading | Heading | Heading | Heading | Heading | *p* |
| Row heading (units) | 0.10a | Valueab | Valueb | Valuec | Value | 0.003 |
| Row heading (units) | 0.10a | Valueab | Valueb | Valuec | Value | 0.076 |
| Row heading (units) | 0.20 | Value | Value | Value | Value | Value |
| Row heading (units) | 0.25 | Value | Value | Value | Value | Value |

a,b,c Values within a row with different superscripts differ significantly at P<0.05.

Figure 1. Figure title figure title.