

**SOĞUK SU  
İMMERSİYONU VE  
KAS HASARI**

Ergün ÇAKIR



AKADEMİSYEN  
KİTABEVİ

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**AkademiSYEN Kitabevi A.Ş.**

*Halk Sokak 5 / A  
Yenişehir / Ankara  
Tel: 0312 431 16 33  
siparis@akademiSYEN.com*

**www.akademiSYEN.com**

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# ÖNSÖZ

Bu çalışmada; yüksek yoğunlukta yapılan antrenmanlardan sonra soğuk su immersiyonunun toparlanma üzerine etkisini araştırmak amacı ile yapılmıştır ve antrenörler profesyonel ve amatör tüm sporculara sağlık uzmanlarına yararlı bir kaynak olacağı bilinciyle tüm okuyuculara sağlık ve mutluluklar diliyorum.

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