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| ASEP photo banner**Journal of Exercise Physiologyonline** **ISSN 1097-9751****December 2020****Volume 23 Number 6****Lim B, Burrus BM, Ortega JD, Kwon YS.** The Effect of Stride Frequency on Running Performance at the Speed of VO2 max. **JEPonline**2020;23(6):1-13. [Word](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Boram%20Lim.doc) [PDF](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Boram%20Lim.pdf)**Santos NGN, Costa Filho PN, Corrêa MCQ, Almeida MN, Palma A**. Effects of Handling Volume and Intensity Loads in the Periodization on Physical Performance in Swimmers: Comparison of Three Models. **JEPonline**2020;23(6):14-28. [Word](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Palma.docx) [PDF](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Palma.pdf) **Hartz CS, Pereira KS, Junqueira CM, Moreno MA**. Acute Effects of the Association of Inspiratory Muscle Pre-Activation and Core Training on the Respiratory Function and Trunk Endurance in Active Subjects. **JEPonline**2020;23(6):29-40. [Word](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Charlini%20Hartz.doc) [PDF](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Charlini%20Hartz.pdf) **Sawasdee C,** **Auvichayapat P, Punjaruk W, Leelayuwat N, Tunkamnerdthai O**. Effects of Modified Square-Stepping Exercise on Heart Rate Variability and Body Fat in the Elderly. **JEPonline** 2020;23(6):41-52. [Word](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Orathai%20Tunkamnerdthai.doc) [PDF](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Orathai%20Tunkamnerdthai.pdf) **Teixeira JAA, Ferraz EJ, Teixeira KKL, Assi RSC, Lino ADS, Figueira TG**. Validation of the Subjective Perception of Exertion Scales with an Interval Training Protocol. **JEPonline**2020;23(6):53-61. [Word](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Figueira_Teixeira.doc) [PDF](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Figueira_Teixeira.pdf) **Jenkins CL, Ouellette K, Thompson B, Mullin E, Leinung M**. Performance in Transgender Females Versus Cisgender Males and Females. **JEPonline**2020;23(6) :62-76. [Word](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Christine%20Jenkins.doc) [PDF](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Christine%20Jenkins.pdf) **Costa Filho PN, Valim V, Viana MEG, Jansen A, Palma A**. The Impact of Aging and Society on Cardiac Function and the Role of Physical Exercises: A Mini-Review. **JEPonline**2020; 23(6):77-84. [Word](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Paulo%20Nunes%20Costa%20Filho.doc) [PDF](http://www.asep.org/asep/asep/JEPonlineDECEMBER2020_Paulo%20Nunes%20Costa%20Filho.pdf) |