

ERGOGGRAPH

Meaning: Ergograph: a device used to measure the work output of muscles during physical exercise, providing insights into muscle fatigue and performance.

1. The ergograph is a valuable tool for measuring the work output of muscles during physical exercise.
2. In the field of exercise physiology, the ergograph provides insights into muscle fatigue and performance.
3. Researchers utilized an ergograph to study how different training regimens affected athletes' endurance levels.
4. Using an ergograph, scientists can accurately assess the efficiency of various muscle groups during strenuous activity.
5. The design of the ergograph allows for precise tracking of energy expenditure in both trained and untrained individuals.

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