Materials List for:
Determining the Contribution of the Energy Systems During Exercise

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1Laboratory of Applied Nutrition, School of Physical Education and Sport, University of Sao Paulo
2Aerobic Performance Research Group, School of Physical Education and Sport, University of Sao Paulo
3Laboratory of Neuromuscular Adaptations to Strength Training, School of Physical Education and Sport, University of Sao Paulo
4Martial Arts and Combat Sports Research Group, School of Physical Education and Sport, University of Sao Paulo

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Materials

<table>
<thead>
<tr>
<th>Name</th>
<th>Company</th>
<th>Catalog Number</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>YSI 1500 Sport</td>
<td>Yellow Springs</td>
<td></td>
<td>This equipment allows a quick and easy plasma lactate determination</td>
</tr>
<tr>
<td>K4 b2</td>
<td>Cosmed</td>
<td></td>
<td>This equipment is essential for measuring oxygen consumption throughout the exercise</td>
</tr>
<tr>
<td>Software Microcal 6.0</td>
<td>OriginLab</td>
<td></td>
<td>This software (or any other with similar capabilities) will be useful for the calculations</td>
</tr>
</tbody>
</table>

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