

Further research – TED Talks

- https://www.ted.com/talks/christian_moro_the_surprising_reason_our_muscles_get_tired#t-134282
- https://www.ted.com/talks/leah_lagos_and_jaspal_ricky_singh_how_playing_sports_benefits_your_body_and_your_brain
- https://www.ted.com/talks/jeffrey_siegel_what_makes_muscles_grow
- https://www.ted.com/talks/edmond_hui_how_the_heart_actually_pumps_blood
- https://www.ted.com/talks/david_epstein_are_athletes_really_getting_faster_better_stronger