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Short-term daily steps increment enhances submaximal exercise tolerance in healthy sedentary men

**Running title**: steps increment enhances exercise tolerance

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**Author’s contributions**

LGGP was responsible for the protocol design, data collection, statistical analysis, data interpretation and writing of the final version of the manuscript. KEF and GEM contributed for the definition of the protocol design, the definition of the exercise test protocol, the anaerobic threshold measurement, data collection and revision of the manuscript. GR, as a master degree student, helped on data collection and the definition of the exercise test protocol. LFJJ was the research project advisor, responsible for the protocol design, the statistical analysis, data interpretation and revision of the final version of the manuscript.