**Title in English** (First letter capitalized, subsequent letters in lower case. Avoid abbreviations)

Author A¹, Author B ¹, Author C² ….

¹Affiliation; ²Affiliation

The affiliations must be written in **English (exception for Brazilian Institutions)**, for example, Universidade Estadual de Campinas, Instituto de Biociencias, Departamento de Biologia, Campinas, SP, Brazil; Harvard University, Faculty of Arts & Sciences, Department of [Human Evolutionary Biology](http://www.heb.fas.harvard.edu/), Cambridge, MA, USA.

ORCID – number all of author

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Corresponding author

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**Abstract – Aim:** The abstract of the article should be written in font *Times New Roman*, size 12, simple spacing, justified, no paragraph indentation, no more than 250 words with the following headings: Aims; Methods; Results; and Conclusion. **Methods:** Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. **Results:** Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. **Conclusion:** Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract. Abstract.

**Keywords:** word 1; word 2; word 3; word 4; word 5.

1. Introduction

Main text: Manuscript should include the following sections: **Abstract, Introduction, Methods**, **Results, Discussion**, and **Conclusions.** The manuscript shall be double-spaced, Times font, size 12 pt., with the number of pages limited as the sections above. Figures and Tables must be inserted at the end of the manuscript, properly numbered, and labelled (see the example at the end of this document). If the manuscript is approved, a jpg or tiff file for each figure will be requested. Each page must be numbered, with lines numbered to facilitate the review process.

2. Reference style in the text

Use Arabic numerals in the text in numerical order superscript separated by commas 1,3,4,6. The authors can be referred to, but the reference number(s) must always be given. Example: “...**as described previously3,6** OR **Engles and Jones8** obtained a different ...”

If the references have more than two authors, insert the first following by et al. For example: according to Silva et al.4, xxxxx. If the references have two authors, insert the two names: Braga and Silva7 describes xxxxx.

Use the hyphen when the citation is sequential, references xxxxx1,2,3,4,5: should be xxxxxxx1-5.

3. Methods

3.1. Section 1

Sections must be named with numeric topics, such as the examples above. **It is mandatory to insert the process number of the Ethics Committee when research involving humans or animals.**

3.2. Section 2

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3.2.1. Section

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4. Result

4.1. Section 1

Sections must be named with numeric topics, such as the examples above.

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5. Discussion

5.1. Section 1

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6. Conclusions

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Acknowledgments

If have any acknowledgments, write them in a single paragraph.

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* References with six authors, you should list all of them. If the work you need to reference has more than six authors, you should list the first six authors, followed by 'et al.'
* Use of DOI in jounals is **highly encouraged**.

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**Table 1 –** Anthropometric, clinical, strength, and hemodynamic values from a woman with Chagas Cardiopathy measured at baseline (T1), three (T3), and six (T6) months after 24-week combined physical training.

|  |  |  |  |
| --- | --- | --- | --- |
| **Characteristics** | **T1** | **T3** | **T6** |
| Anthropometric |  |  |  |
| Body mass (kg) | 85.7 | 84.4 (-1.51%) | 83.4 (-2.68%) |
| BMI (kg/m²) | 33.5 | 33 (-1.49%) | 32.6 (-2.68%) |
| SBP (mmHg) | 150 | 100 (-33%) | 120 (-20%) |
| DBP (mmHg) | 90 | 70 (-22%) | 80 (-11%) |
| MBP (mmHg) | 110 | 80 (-27%) | 87 (-21%) |
| Percentage body fat (%) | 37.5 | 35.7 (-4.8%) | 33.1 (-11.7%) |
| WHR (cm) | 0.84 | 0.80 (-4.7%) | 0.79 (-5.9%) |
|  |  |  |  |
| Cardiopulmonary Exercise Test |  |  |  |
| At rest |  |  |  |
| VO2 absolute (L/min) | 0.04 | 0.02 (-50%) | 0.07 (+75%) |
| VO2 relative (mL/kg/min) | 0.47 | 0.24 (-51%) | 0.84 (+79%) |
|  |  |  |  |
| VAT |  |  |  |
| VO2 absolute (L/min) | 0.63 | 0.53 (-15.8%) | 0.57 (-9.5%) |
| VO2 relative (mL/kg/min) | 7.41 | 6.31 (-14.8%) | 6.87 (-7.2%) |
| Time (s) | 146 | 324 (121%) | 321 (119%) |
| Load (watts) | 40 | 65 (62.5%) | 65 (62.5%) |
|  |  |  |  |
| Peak |  |  |  |
| VO2 absolute (L/min) | 1.2 | 0.85 (-29%) | 0.89 (-26%) |
| VO2 relative (mL/kg/min) | 13.7 | 10.12 (-26.2%) | 10.72 (-22%) |
| Time (s) | 480 | 624 (30%) | 612 (27.5%) |
| Load (watts) | 95 | 115 (21%) | 115 (21%) |
| Ventilatory efficiency (VE/VCO2 *Slope.*) | 26.25 | 21.99 (-16.2%) | 18.27 (-30.4%) |
|  |  |  |  |
| 1-MR Test |  |  |  |
| Squat (kg) | 62 | 76 (22.5%) | 82 (32.2%) |
| Wide-grip pull-up (kg) | 45 | 48 (6.6%) | 52 (15.5%) |

BMI: body mass index; DBP: diastolic blood pressure; MBP: mean blood pressure; SBP: systolic blood pressure; WHR: waist-to-hip ratio. VO2: oxygen consumption; VE/VCO2 *Slope:* ventilatory equivalents of carbon dioxide; VAT: ventilatory anaerobic threshold; 1-MR: one maximum repetition. The values in parentheses represent percentage increases or decreases comparing T1 x T3 e T1 x T6.

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Description automatically generated

Figure . Describe the data in the Figure.