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¹ Emily Johnson, "The Social Media Revolution: Communication in the Digital Age," *Journal of Digital Culture*, Vol. 14, No. 3, 2020, pp. 12-15.

² Mark Thompson, *The Role of Social Media in Modern Politics* (Cambridge: Political Insights Press, 2019), 112.

³ World Health Organization, *The Spread of Misinformation: Challenges in the Digital Era*, 2021 Report, p. 8.

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- The line should be 1-2 inches wide and aligned with the left margin.
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- Footnotes should be brief. If more detail is needed, use endnotes instead.



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Current Industrial Reports United States. Bureau of the Census, 1976 **Current Industrial Reports**, 1987

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web l entraînement fonctionnel est une méthode qui modifie le but des exercices afin d y intégrer les muscles stabilisateurs qui constituent la base du bien être physique l entraînement fonctionnel est une série d exercices qui apprend aux athlètes à gérer le poids de leur corps à tous les niveaux du mouvement michael boyle

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web sans accessoires l entraînement va consister par exemple à enchaîner une série de flexions type fentes accompagnées de mouvements de bras puis des exercices de gainage dynamique et enfin un mouvement complet tel que des burpees l intensité des exercices permet de travailler réellement l aspect cardio parallèlement au renforcement