Retraction: Comparison of Cardio-Pulmonary Responses to Forward and Backward Walking and Running

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As this is a direct violation of copyright, plagiarism, and ethical norms, we therefore wish to retract this paper from the published archive of the African Journal of Biomedical Research. The authors of the paper were duly communicated on this decision. We apologise to the peer reviewers of this paper on the valuable time spent in reviewing the said article. The understanding shown by the Managing Editor of Medicine & Science in Sports & Exercise is highly appreciated.