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In Patch v1.05, three- and four-player split screen has been fixed, showing the players on screen side by side instead of facing the other way around. Other fixes include pathfinding, as well as player health and armor. References External links Official forums Category:2007 video games Category:Hack and slash role-playing games Category:Video games developed in Russia Category:Windows games Category:Windows-only games Category:Windows-only freeware games Category:Video games based on Middle-earth Category:Fantasy video games Category:Video games set in the Middle Ages Quantitative muscle ultrasound of the forearm. Muscle damage can be identified by measuring the amount of muscle injury in the recovery period of an exercise. Previous reports have evaluated the value of muscle injuries as indicators of the magnitude of damage in elite athletes. In this report, we examined the ability of quantitative muscle ultrasound (QUS) to quantify muscle damage. Twelve male subjects participated in this study. They performed 10 sets of eight submaximal maximal concentric and eccentric contractions at a concentric contraction rate of 180 cycles/min. Each set consisted of 10 repetitions with a rest interval of 4 min. The ultrasound evaluation was performed immediately before and at 48 h after the exercise. The median thickness, area, and echogenicity of the muscle belly were measured in the right biceps brachii (BB) muscle using a linear array transducer and the following equation: thickness  $\times$  3.05/2  $\times$  echogenicity, and a specialized software package. Maximal isometric force (F0) of the BB muscle was measured using an isokinetic dynamometer. There were significant decreases in thickness ( $P = 0.01$ ), area ( $P = 0.03$ ), and echogenicity ( $P = 0.01$ ) immediately after the exercise. F0 was significantly decreased 48 h after the exercise ( $P = 0.01$ ). \* \* This source 82157476af

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