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# Title (14 pt, Lowercase, bold, centered)

## Full name1, Full name2 & Full namen

### 1 Affiliation and country, including e-mails for all authors. 9 pt, lowercase and italic

### 2 e.g. Instituto Geológico y Minero de España (IGME, Spanish Geological Survey), Ríos Rosas 23, 28003 Madrid, Spain. e-mail:

#### Keywords: 5 keywords in alphabetical order. 10 pt bold

1. First Section
   1. A Subsection Sample

Full text Times New Roman, 11 pt. Margins: 2.5 cm upper and lower margins, 3 cm left lateral margin and 2 cm right lateral margin. Line spacing: simple.

**IMPORTANT:** The maximum length of the abstract may not exceed two pages, including figures and references.

**Fig. 1.** A figure caption is always placed below the illustration. Short captions are centered, while long ones are justified.

**Table 1.** Table captions should be placed above the tables and centered

|  |  |  |
| --- | --- | --- |
| Example | Example | Example |
| 1 | A | A |
| 2 | A | B |

##### References

Journal article

Gamelin FX, Baquet G, Berthoin S, Thevenet D, Nourry C, Nottin S, Bosquet L (2009) Effect of high intensity intermittent training on heart rate variability in prepubescent children. Eur J Appl Physiol 105:731-738. https://doi.org/10.1007/s00421-008-0955-8

Ideally, the names of all authors should be provided, but the usage of “et al” in long author lists will also be accepted:

Smith J, Jones M Jr, Houghton L et al (1999) Future of health insurance. N Engl J Med 965:325–329

Article by DOI

Slifka MK, Whitton JL (2000) Clinical implications of dysregulated cytokine production. J Mol Med. https://doi.org/10.1007/s001090000086

Book

South J, Blass B (2001) The future of modern genomics. Blackwell, London

Book chapter

Brown B, Aaron M (2001) The politics of nature. In: Smith J (ed) The rise of modern genomics, 3rd edn. Wiley, New York, pp 230-257

Online document

Cartwright J (2007) Big stars have weather too. IOP Publishing PhysicsWeb. http://physicsweb.org/articles/news/11/6/16/1. Accessed 26 June 2007

Dissertation

Trent JW (1975) Experimental acute renal failure. Dissertation, University of California