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the effect of six- week aerobic interval training - The Effect of Six-Week Aerobic Interval Training on Some Blood Lipids and Vo2max in Female Athlete Students: Parisa Amiri Farsani Islamic Azad University

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effects of kettlebell training on aerobic - Effects of kettlebell Plato, PA, Holder, C, Finch, D, Han, K, and Cisar, CJ. Effects of kettlebell training on aerobic Both groups trained 3 days a week for 4

effect of intensity of aerobic training on vo2max - most days of the week, et al. Superior cardiovascular effect of aerobic interval training versus moderate continuous training in heart failure patients.

aerobic exercise - wikipedia, the free encyclopedia - Aerobic exercise (also known as Unpleasant effects of lactate buildup Most authorities suggest at least twenty minutes performed at least three times per week

effects of aerobic conditioning and strength - Issue 1 > Effects of Aerobic Conditioning and Strength Training on By the third week, she performed aerobic activities three days per week alternating with

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