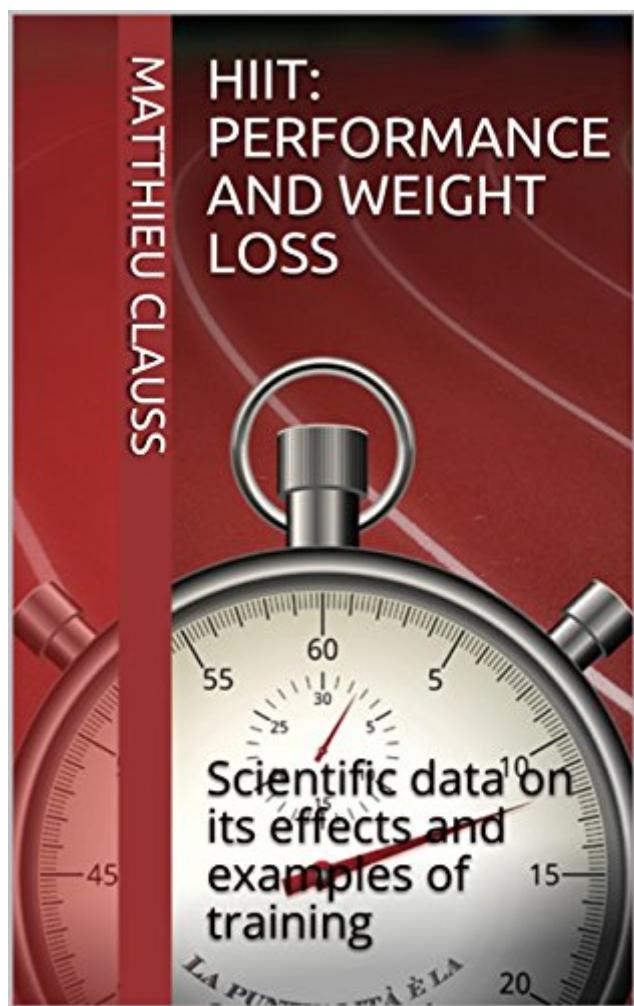


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HIIT: Performance And Weight Loss: Scientific Data On Its Effects And Examples Of Training



Synopsis

In recent years, the High Intensity Interval Training (HIIT) has been popularized and its benefits are promoted in many magazines. But is its interest demonstrated scientifically? And especially how to include this training in its program? This e-book will answer these two questions on the basis of the latest published scientific data.

Book Information

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