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Mon, 09 Jul 2018 20:32:00 GMT - High Intensity Training - FreeFitnessGuru. This brings us to another possibility â€™ that of cycling high intensity and high volume training regimens. High Intensity Training hits the fast twitch fibers primarily.

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30 Days of HIIT - DAREBEE - Fitness Made Easy -

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Fundamentals of High-Intensity Training - Verywell Fit -

Thu, 05 Jul 2018 17:38:00 GMT - Various high-intensity interval training (HIIT) protocols are frequently used in modern training programs and especially in intermittent sports, such as team or racket sports, to enhance the fitness of the athletes (Iaia et al., 2009).

(PDF) High-Intensity Training in Football - ResearchGate -

Sun, 08 Jul 2018 06:36:00 GMT - High-intensity training (HIT) is a form of strength training popularized in the 1970s by Arthur Jones, the founder of Nautilus. The training focuses on performing quality weight training repetitions to the point of momentary muscular failure.

High-intensity training - Wikipedia -

Mon, 02 Jul 2018 12:05:00 GMT - The Scientific Basis for High-Intensity Interval Training Optimising Training Programmes and Maximising Performance in Highly Trained Endurance Athletes

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Schoenfeld, CSCS1 and Jay Dawes, MS, CSCS*D, NSCA-CPT*D2 1Global Fitness Services, Scarsdale, New York; and 2National Strength and Conditioning Association,

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