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interval training (HIIT). When it comes to cardio, HIIT is definitely the best way to strip off body fat, to the extent that there's literally no reason to hop on a treadmill and run at a steady pace for 30 or more minutes unless you're an endurance athlete. Tue, 17 Dec 2013 23:59:00 GMT Six Week Shred: Torch Fat With HIIT 100s - bodybuilding.com - High intensity interval training has gained in popularity as our time has become increasingly encroached upon, by modern stressors and demands. Fri, 11 Jan 2019 02:11:00 GMT 10 Effective HIIT Workouts - Paleo Blog - Try one of these high-intensity workouts while the family's opening presents, as you wait for the turkey to cook, or right before A Christmas Story begins"seriously, you can do them almost ... Sat, 29 Dec 2018 08:10:00 GMT high-intensity interval training - womenshealthmag.com - NSCA's Performance Training Journal | www.nscalift.org/performance Vol. 6 No. 5 | Page 13 Jumps performed with added weight, such as a weighted vest or dumb- Practical Guidelines for Plyometric Intensity - A sentiment analysis model is designed to characterize the users' sentiment polarity and strength based on uncertainty theory and the domain emotional dictionary. Accordingly, a new multi-aspect ... A

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