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**Twice The Speed Fast Twitch Formula Pdf [Extra Quality] Download**

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PDF | Short-term sprints interspersed with short recovery while SET did a speed-endurance workout (a type of interval training). Then there was a sprint recovery with a 30 second rest. Optimal Programs Low intensity interval training programs are designed to be performed for short periods of time. They adapt to the composition of specific people. If you have been training for 90 days, then it is advisable to complete a comprehensive training on a treadmill. If this is not possible, then start with a fast or medium distance, and so on. As soon as your energy consumption decreases, you can start longer periods. Choose the program that suits you. exercise time Most workout programs are 30-60 minutes long. If you don't have time for interval training, keep it short. For example, for overweight people, it is recommended to increase exercise time by 30% every week. You can do 45-60 minutes with 2-3 short rest periods between exercises. Mode During low-intensity training, rest should be between exercises and intervals. Only 15 minutes of rest between sets. If it seems to you that the break is too long, then take the intermediate exercises. If they are shorter, then it is best to use a combined exercise, with which we rest at 1 m. If the duration of the exercises is longer, then do them in turn. Training load It is best to start training with a low number of repetitions. For example: 50th rep per set before medium to high rep sets. Interval Recovery The frequency of low-vibration exercise depends on your overall health and how you train. Do low-intensity interval training every half hour. As the training load decreases, the number of intervals will decrease. At the end of the week, one workout equals approximately 20 minutes. Cyclic workouts Intervals, unlike speed-sprint training, are based on movement. They are aimed at increasing endurance during low interval training. The maximum time spent in the set-agget allotted for training is limited to approximately 8 minutes. Training Program Tips Intensi

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