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Grade (%) V• O 2 (mL/kg/min) 1 1.7 10 13.4 2 2.5 12 21.4 3 3.4 14 31.5 4 4.2 16
41.9 Note: Each Stage Is 3 Minutes In Duration. 1th, 2024

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Lucas Rockwood Is An Internationally-renowned Yoga Trainer, TEDx Speaker, Podcaster, Writer, And Entrepreneur. His Early Yoga And Meditation Teachers

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