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Bodyweight/Martial Arts Exercises 4. Keep It High-rep, And High Intensity, With Little Rest. In General, The Calisthenic Exercises Should Be Done At A Quick Pace, Back To Back, With Only A Minimum (5-10 Seconds) Rest Between Sets Or Types Of Exercises. The Cardio Exercises Should Be Done As Shorter More Intense Exercises 2th, 2024.

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Stretching Exercises - Login Kurz, Thomas, Stretching Scientifically: A Guide To Flexibility Training. Stadion Publishing, 1994. Anderson, Bob, Jean Anderson And Lloyd Ka 4th, 2024.

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