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will sp

as much force as needed to complete the tasks set by coach

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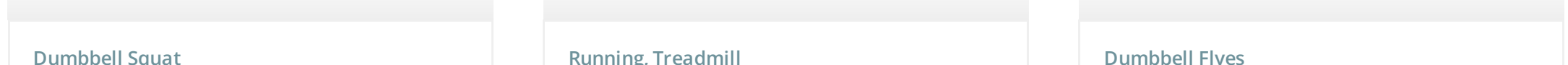
	Sets	Pens
--	------	------

⌚ Rest between sets

☒ 60-90 sec

### Training intensity for each exercise

Year	Running, Treadmill	Bicycling
2000	897	897
2001	900	900
2002	905	905
2003	910	910
2004	915	915
2005	920	920
2006	925	925
2007	930	930
2008	935	935
2009	940	940
2010	1000	900



Dumbbell Bench Press  heavy  312 scores  220 kkal One-Arm Dumbbell Row  heavy

## Power Partial

Atletiq = a universal platform  
application which is an inter

## plication and asse

re with the planned load and adjust the le

the the planned.

Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.

ACTUAL WORKOUT #1  
«NUCLEAR ARMS»  
[▶ RESET WORKOUT](#)

Fitness Goal: -- Show all --  
 WORKOUT TIME: 01:00.0  
 TONNAGE: 2.39 T  
 REPS: 54  
 АРТЕМ ЖЕВЛАКОВ  
 71532 scores

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