

HIGH-INTENSITY INTERVAL TRAINING, FARTLEK TRAINING & OREGON CIRCUIT TRAINING: WHAT ARE THE BEST EXERCISES TO INCREASE VO2 MAX?

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| Title | HIGH-INTENSITY INTERVAL TRAINING, FARTLEK TRAINING & OREGON CIRCUIT TRAINING: WHAT ARE THE BEST EXERCISES TO INCREASE VO2 MAX? |
| Abstract | |
| Authors | R Festiawan, LB Hoi, N Siswantoyo, IJ Kusuma, FN Heza, B Suko, ... |
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| Author | BAYU SUKO WAHONO, S.PD., M.OR, S.Pd, M.Or |