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

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, ...
Journal Name	Annals of Tropical Medicine & Public Health 24 (03), 0-10, 2021
Publish Year	2021
Citation	2
Url	<a &="" +intitle:"high-intensity="" are="" best="" circuit="" exercises="" fartlek="" href="https://scholar.google.com/scholar?q=" increase="" interval="" max?"="" oregon="" the="" to="" training="" training,="" training:="" vo2="" what="">https://scholar.google.com/scholar?q="+intitle:"HIGH-INTENSITY INTERVAL TRAINING, FARTLEK TRAINING & OREGON CIRCUIT TRAINING: WHAT ARE THE BEST EXERCISES TO INCREASE VO2 MAX?"
Author	BAYU SUKO WAHONO, S.PD., M.OR, S.Pd, M.Or