

high-intensity interval training, fartlek training & oregon circuit training: what are the best exercises to increase vo2 max

<b>Title</b>	high-intensity interval training, fartlek training & oregon circuit training: what are the best exercises to increase vo2 max
<b>Abstract</b>	
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<b>Journal Name</b>	Annals of Tropical Medicine & Public Health 24 (03), 0-10, 2021
<b>Publish Year</b>	2021
<b>Citation</b>	9
<b>Url</b>	<a &amp;="" are="" best="" circuit="" exercises="" fartlek="" high-intensity="" href="https://scholar.google.com/scholar?q=+intitle:" increase="" interval="" max"="" oregon="" the="" to="" training="" training,="" training:="" vo2="" what="">https://scholar.google.com/scholar?q=+intitle:"high-intensity interval training, fartlek training &amp; oregon circuit training: what are the best exercises to increase vo2 max"</a>
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