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

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Authors	HRV Smoking, R Festiawan, LB Hoi, FN Heza, A Wijayanto
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Author	RIFQI FESTIAWAN, S.Pd, M.Pd.AIFO