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Training The 15 Most Important Training Terms You Need to Know Enough with all the jargon. It takes years to build true exercise expertise, but

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just minutes to learn these commonly butchered terms and techniques.

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Injuries from accidents also remain a major concern, Stopping excessive exercise suddenly may create a change in mood. Exercise should be controlled by each body's inherent limitations. While one set of joints and muscles may have the tolerance to withstand multiple marathons, another body may be damaged by 20 minutes of light jogging.

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