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HIIT: manual prático, como o próprio título diz, propõe modelos práticos para a prescrição do treinamento intervalado de alta intensidade (HIIT), apresentando diversos tipos de exercícios em 4 categorias: endurance, core, membros superiores e membros inferiores, bem como exercícios pliométricos e com corda naval. O livro aborda também os aspectos fisiológicos e metabólicos ligados ao HIIT, além de suas implicações no âmbito da fadiga e do emagrecimento.

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