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Issa Training Final Exam Answer - 10/2020

For aerobic training, ISSA recommends that individuals train at what percentage of the maximum heart rate? 55% to 85% A watt is a measure of power involving a known force, distance, and time frame.

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during endurance exercise Fatty Acids What are the parts of the circulatory system The heart, arteries and Veins What are the parts of the Nervous System The Central, and Peripheral What connects bone to bone Connective Tissues What muscle fibers are Aerobic Type 2 Kinesiology studies the mechanics and anatomy in ...

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