

# O O bet365

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RTC mais times

wiki.wireshark

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Tempo, also known as time under tension, is a

programming tool that allows the coach to specifically alter and target s

pecific results in an athlete's program. Coaches who master tem

po can use it to work the athlete's position, mechanics, movement progressio

n, metabolism, control, and absolute strength.

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What is Tempo in Exercise? - How to Use It - OP

EX Fitness

blog : how-to-understand-and-use-tempo

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Tempo. This determines the speed at which

your players attempt to play. The drop down box has 3 options - SI

ow, Normal and Fast. The tempo employed by your team could affect the success of

your passing.

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Team & Player Instructions | Online Help - Soccer Manager

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