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will perform 2 exercises each training session using the following split day 1 chest and back day 2 legs day 3 off day 4  
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 lactate is involved in the fat loss induced by hiit after exercise the blood lactate level in

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 okay but how does lactic acid increase the production of growth hormone i m glad you asked well okay technically i asked but

you get the point as lactic acid metabolites begin to flood the bloodstream this increases the overall acidity makes sense it is called lactic acid after all of the extracellular see more

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basically the belief is that by doing lots of repetitions about 2 3 sets of 12 25 repetitions of an exercise using a

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