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traditional circuit training routines include both strength training such as resistance bands and endurance exercise like using a cordless jump rope and v training

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traditional circuit training routines include both strength training such as resistance bands and endurance exercise like using a cordless jump rope and v training

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training theory encompasses all aspects of fitness knowledge including social psychological and scientific the coach uses this information along with knowledge sports training in a nutshell means preparing for a performance it helps the athlete build strength and endurance gradually improves their skill levels and strengthens

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