

O O bet365

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div><div><div>Tempo, also known as time under tension, is <spa
n>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.</div></div></div&g
t;</div></div><div></div><div><a data-ved="
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t;span><div>What is Tempo in Exercise? - How to Use It - OP
EX Fitness</div><div>opexfit
: blog : how-to-understand-and-use-tempo</div><
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12px;padding-top:0px"><div><div><div><div><di
v><div><div>Tempo. This determines the speed at which
your players attempt to play. The drop down box has 3 options - Sl
ow, Normal and Fast. The tempo employed by your team could affect the success of
your passing.</div></div></div></div></div></div><di
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<Team &amp; Player Instructions | Online Help - Soccer Manager&
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