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Tempo, also known as time under tension, is a programming tool that allows the coach to specifically alter and target specific results in an athlete's program. Coaches who master tempo can use it to work the athlete's position, mechanics, movement progression, metabolism, control, and absolute strength.

[What is Tempo in Exercise? - How to Use It - OPEX Fitness](#)
opexfit : blog : how-to-understand-and-use-tempo

[Team & Player Instructions | Online Help - Soccer Manager](#)
soccermanager : help

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E-mail: **

A cantora Marta Gabriel, uma das artistas mais premiadas deste pr#234;mio, mas quantas vezes ela ganhou? realente. Neste artigo vamos analisar essa permanente e fornecer informao

E-mail: **

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Iniciou a carreira artistica no inicio dos anos 90 e desvendando a entrada, tem se feito sem sucesso no mercado musical brasileiro. A cantora cont#2