



K ú ové slová

CrossFit, fitness

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3.2 Využívacie metódy

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v \$\mu \pm 2\sigma\$ triedal
v \$\mu \pm 3\sigma\$ triedal

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< AMRAP: As Many Reps or Rounds as Possible

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Pull-up a

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Tabata sed-çšµµ

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4 OVERENIE NAVRHNUTEJ METODIKY A ODPORÚČANIA PRE PRAX

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ZÁVER

12. GLASSMAN, G. 2006. The CrossFit Journal Articles: Benchmark Workouts. 2006.
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