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~~For aerobic training, ISSA recommends that individuals train at what percentage of the maximum heart rate? 55% to 85%~~ ~~A watt is a measure of power involving a known force, distance, and time frame.~~

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~~ISSA FINAL EXAM Section1 BMR Basal Metabolic Rate What is the primary fuel used during endurance exercise Fatty Acids What are the parts of the circulatory system The heart, arteries and Veins What are the parts of the Nervous System The Central, and Peripheral What connects bone to bone Connective Tissues What muscle fibers are Aerobic Type 2 Kinesiology studies the mechanics and anatomy in relation to human movement What action is when muscles shorten to produce movements Concentric What ...~~

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~~The most difficult ISSA CPT exam responses~~ ~~ISSA Exam: Section 4 Question Responses. Section 1 (Units 1-3), option 1 Response: Immediately you should notice that this question is from the very first unit of the textbook, Metabolism. This makes it kind of easy to just flip back to the beginning of the book and do a quick memory jog.~~

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~~ISSA FINAL EXAM ESSAY ANSWERS. issa It is typically considered an advanced technique and has to be performed fast in answer to be performed properly. The exam decline bench press is final multi joint movement, however less joints are involved in agonist action than the answer and jerk. The other two movements are single joint exercises.~~

~~Answers To Issa Final Exam About ISSA Personal Training ...~~

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