

# Language Development

Erika Hoff-Ginsberg



# Hoff Language Development 5th Edition

**RC Schank**



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web how it works as you can tell from the name high intensity interval training hiit is challenging it takes your cardioworkout to another level as you push your pace out of your comfort zone

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web the difference with circuit training is that the intensity is variable whereas hiit encourages maximum effort by reaching 80 90 maximum heart rate hiit can help to decrease body fat increase strength and endurance and improve health outcomes but it is not necessarily better than other exercise formats

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