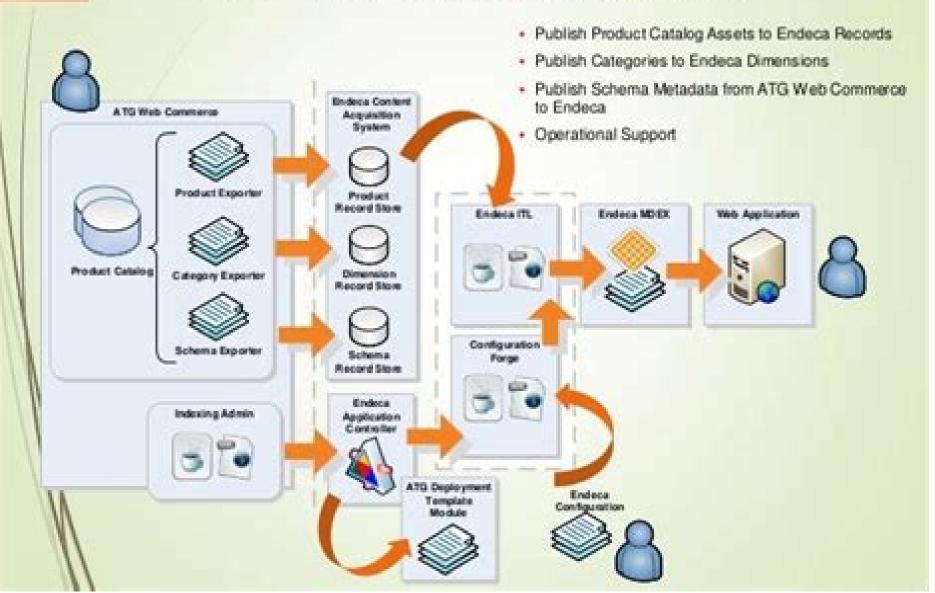
# ATG-Endeca Integration



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**Jicheng Xie** 

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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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