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High-intensity training (HIT) is a form of strength training popularized in the 1970s by Arthur Jones, the founder of Nautilus. The training focuses on performing quality weight training repetitions to the point of momentary muscular failure. The training takes into account the number of repetitions, the amount of weight, and the amount of time the muscle is exposed to tension in order to ...

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L'High Intensity Training (HIT) o Heavy Duty (HD), tradotto letteralmente come Esercizio ad alta intensità o Duro compito, è un tipo di allenamento coi pesi (resistance training) applicato nell'attività di bodybuilding. Tale metodo venne concepito da Arthur Jones, il fondatore dei macchinari con sovraccarichi Nautilus, nei primi anni settanta. Più precisamente l'Heavy Duty rappresenta la ...

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