

# O O bet365

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é moderna, incluindo a adição de dealers dan  
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div&gt;&lt;div&gt;&lt;div&gt;Tempo, also known as time under tension, is <spa  
n&gt;a programming tool that allows the coach to specifically alter and target s  
pecific results in an athlete's program</span&gt;. Coaches who master tem  
po can use it to work the athlete's position, mechanics, movement progressio  
n, metabolism, control, and absolute strength.</div&gt;&lt;/div&gt;&lt;/div&g  
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t;span&gt;&lt;div&gt;&lt;span&gt;What is Tempo in Exercise? - How to Use It - OP  
EX Fitness</span&gt;&lt;/div&gt;&lt;/span&gt;&lt;span&gt;&lt;div&gt;opexfit  
: blog : how-to-understand-and-use-tempo</div&gt;&lt;/span&gt;&lt;/a&gt;&lt;  
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v&gt;&lt;div&gt;&lt;div&gt;Tempo. This <span&gt;determines the speed at which  
your players attempt to play</span&gt;. The drop down box has 3 options - Sl  
ow, Normal and Fast. The tempo employed by your team could affect the success of  
your passing.</div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;di  
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&#2Team &amp; Player Instructions | Online Help - Soccer Manager</span&gt;&  
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