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web exercising at this lower intensity will help to maximize fat loss as well as keep lactic acid levels low enough so as not to interfere with the fat burning process a cool down portion

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okay but how does lactic acid increase the production of growth hormone i m glad you asked well okay technically i asked but you get the point as lactic acid metabolites begin to flood the bloodstream this increases the overall acidity makes sense it s

called lactic acid after all of the extracellular see more

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web jan 3 2019 basically the belief is that by doing lots of repetitions about 2 3 sets of 12 25 repetitions of an exercise using a relatively lighter weight about 30 of your one rep

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