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lt;div>Tempo, also known as time under tension, is a programming
tool that allows the coach to specifically alter and target specific results in
an athlete's program. Coaches who master tempo can use it to wo
rk the athlete's position, mechanics, movement progression, metabolism, cont
rol, and absolute strength.</div></div></div></div></
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t;What is Tempo in Exercise? - How to Use It - OPEX Fitness</div><div>opexfit : blog : how-to-un
derstand-and-use-tempo</div></div></div&gt
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t;div class="hwc kCrYT" style="padding-bottom:12px;padding-top:0p
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;div>Tempo. This determines the speed at which your players attem
pt to play. The drop down box has 3 options - Slow, Normal and Fast
. The tempo employed by your team could affect the success of your passing.</
div></div></div></div></div><div></div>&l
t;div><a data-ved="2ahUKEwixkvKVrtCDAxXkHkQIHaR4DXYQFnoECAEQDQ"
href="{href}"><div>Team & Pla
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