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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The Right Exercise Intensity**

**By Lynn Bode**

**The Right Exercise Intensity**

by: **Lynn Bode**

<http://www.workoutsforyou.com/intensity.htm>

RPE

Talk Test

Lynn Bode, author and certified personal trainer, offers her services online through

WorkoutsForYou.com

. Workouts For You provides affordable online exercise programs to help even

<http://www.workoutsforyou.com>

for a free sample workout.

[info@workoutsforyou.com](mailto:info@workoutsforyou.com)

**Increase Your Training Intensity – Partial Repetitions**

**By Rick Mitchell**

**Increase Your Training Intensity – Partial Repetitions by Rick Mitchell**

1. Use a much heavier weight than you would for the full range version of the same exercise.

## The Right Exercise Intensity

2. Perform partial reps only from the halfway stage or mid–point of the exercise.
3. Use this method primarily on lagging body parts.
4. Perform only one exercise for one set per body part.
5. Use only as a supplement to full range movement exercises, not instead of.

Bodybuilding Advice

to learn

more about the issues covered in this article.

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