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algumas praias incríveis perto de M'naco natural artificial e pebbly com areia;

ser os melhores destinos o ver o que 7 , £ se pode pensar! Praias prxima no Lecos: 7 praia;

ara um dia incrível! No sol! traveltriangle : blog ; ilhas-perto -monaco 7 , £ Moncus;

Para nos Estados Unidos

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 work the athlete's position, mechanics, movement progression, metabolism, control, and absolute strength.

What is Tempo in Exercise? - How to Use It - OP EX Fitness : blog : how-to-understand-and-use-tempo

Tempo. This determines the speed at which your players attempt 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.

Team & Player Instructions | Online Help - Soccer Manager : help

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