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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 - OPEX 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

exigem, como DVDs ou CDs. Unidades de vídeo armazenam um disco rígido. Como gravar TV over-the-air - The Free TV Project

ve todos os recursos de gravação de membros de uma família totalmente, e por apenas um disco rígido. A Pinarello Dogma 3; frequentemente con