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<div class="hwc kCrYT" style="padding-bottom:

m:12px;padding-top:Opx"></div></div></div></div></div>

<div></div></div></div>Tempo, also known as time under tension, is <spa

n>a programming tool that allows the coach to specifically alter and target s

pecific results in an athlete#39;s program</span>. Coaches who master tem

po can use it to work the athlete#39;s position, mechanics, movement progressio

n, metabolism, control, and absolute strength.</div></div></div>

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<a data-ved="2ahUKEwixkvKVrtCDAXkHkQIHAR4DXyQFnoECAEQBg" href="{href}">&l

t;span></div></span>What is Tempo in Exercise? - How to Use It - OP

EX Fitness</span></div></span></span></div>opexfit

: blog : how-to-understand-and-use-tempo</div></span></a></div>

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>&lO O bet365</a></span></div></div></div>

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12px;padding-top:Opx"></div></div></div></div></div></div>

<div></div></div></div>Tempo. This <span>determines the speed at which

your players attempt to play</span>. The drop down box has 3 options - Sl

ow, Normal and Fast. The tempo employed by your team could affect the success of

your passing.</div></div></div></div></div></div>

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YQFnoECAEQDQ" href="{href}">&l;span></div></span>

;Team &amp; Player Instructions | Online Help - Soccer Manager</span>&

lt;/div></span></span></div>soccermanager : help</div>

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>&lO O bet365</a></span></div></div></div>

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