



ing" part will recruit additional fast twitch motor units for. This table describes two methods that accurately determine the amount of LPS in muscle tissue. The SRS method is very simple. It is based on the use of a heart rate scale. To do this, you need to find out what is the heart rate of a person, and multiply this figure by five. It is this proportion that will be used in the future for calculations. Also, the athlete can use a different method, which involves the use of a periodic daily pulse. Indeed, in order to calculate the exact amount of LDL, you need to know how a person's heart beats. After the result is obtained, the user can easily determine how much LPS is contained in the athlete's muscles. This amount will be further calculated as an approximate percentage of this substance in the body. If the athlete is running, then in this case another method will come to his aid, which is quite simple to use. You must use a regular stopwatch. It is within 2-3 seconds that he will record the maximum number of beats per minute. After that, a time interval of 2-4 seconds is taken and it is calculated how many beats fall on 1 cubic centimeter of the athlete's muscle tissue. Using this method, it is necessary to find out the amount of LPS in each specific cubic centimeter. In order to find out, you need to measure the length of muscle tissue, and then multiply the resulting length by the percentage of LDL. As a result of the obtained values, the amount of LDL in each individual cubic millimeter of human muscle tissue is obtained. Here, more complex methods are already being used that will help in deciphering the values of indicators such as the percentage of VLDL and LPO. In this case, the coefficient of the diabetetic foot is used. It is with its help that one can quite accurately find out how much LPS was in a particular tissue. This technique consists in determining the degree of damage to human tissues. This takes into account the level of his defeat. At a low level, tissue damage will correspond to 1 cu. cm. At a high level, tissue damage will have a factor of 1.45. This coefficient is also used to determine how often various infectious diseases can occur. If its value is 1, then this indicates that the probability of occurrence of this disease is almost zero. There are no comments for this article. Club of Intellectual Creativity "Duel" (id-duel.ru) Methodology V.N. Meshalkina - decoding, treatment, rehabilitation, prevention and problems of addictions, recovery methods

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