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nov 18 2023 isometric exercises are tightening contractions of a specific muscle or group of muscles during isometric
exercises the muscle doesn't noticeably change length the affected joint

nov 18 2023 los ejercicios isométricos son tensiones contracciones de un músculo o grupo de músculos en particular
durante los ejercicios isométricos el músculo no cambia notablemente de

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exercises the muscle doesn't noticeably change length the affected joint

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