

## High Intensity Kettlebell Fitness Super Minutes

**step conversion chart - files.hesapps** - et eeet sste tm step conversion chart activity steps/min. arm ergometer 75 backpacking, uphill, 21-42 lb load 221 badminton 146 baseball 133 basketball, shooting baskets 120 **4 week backcountry hunting training program** - weekly schedule session overview session 1 demo video this session focuses on building aerobic capacity through low intensity running for a set duration.

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