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2025 TRENDS

# Fitness Workout Global Trend

**Wolfgang Guggemos**

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**When Fitness Went Global** Conor Heffernan, 2025-12-04 This book provides the first detailed account of how and why fitness and physical culture underwent rapid globalization in the 19th century

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**HIIT** Barrett Williams, ChatGPT, 2024-08-26 HIIT Transform Your Body Mind and Life with High Intensity Interval Training

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**Opportunity Recognition** Andreas Engelen,Clara von Gagern,Monika Engelen,2023-03-23 The textbook contains a comprehensive presentation of tools that can be used to systematically generate innovative ideas for new business growth opportunities In practice it can be observed that companies make considerable efforts to identify ideas for innovations that can decisively shape their industry The reason for this is not least the knowledge that a missed wave of innovation can lead to major problems for the entire company A central finding of business management research is that ideas for generating future growth opportunities are often not a product of chance but the results of systematic analyses The authors provide a structured and comprehensive overview of the most important tools for identifying new growth opportunities They distinguish between company related market related and environment related approaches incorporate numerous practical examples and provide application oriented assistance with these tools The second edition of the book incorporates the latest research findings some examples have been updated and supplemented and the book has been expanded to include practical application tasks for teaching and practical workshops *Revue Canadienne de Physiologie Appliquée* ,1998 **India**

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