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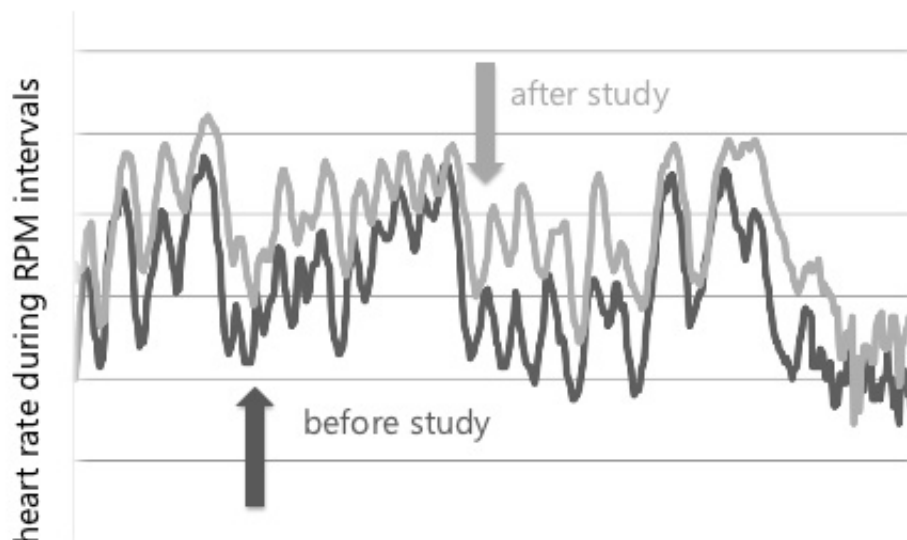
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# THE RESULTS:



We also recorded a change in intensity when participants returned to their regular workouts.

The graph below shows the heart rate of the same person doing RPM before and after six weeks of including LES MILLS GRIT™ SERIES in their training.

Their intensity was higher while their perceived exertion remained the same.

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