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wushu wushu adventures - Nov 07 2022

web jul 8 2012 mainly wind sprints i don't care who you are if you can sprint a 400 meter length around the track at a fast pace then your heart body legs and arms are probably ready to go for wushu training wushu is so intensely anaerobic in nature that building up

this endurance for fast speed work is vital

a study on the fitness and regimen function of wushu - Mar 31 2022

web long term practice of wushu has the effect of fitness and regimen on people's body and mind the specific effects of fitness and regimen are also multi-faceted different wushu exercises and actions have many different effects on people's mind and body 3.1 the fitness function of wushu long term practice of wushu can exercise the muscles