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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