

"You must train at least 3 times a week to improve your health and fitness"

Written by

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"You must train at least 3 times a week to improve your health and fitness"

This is not true. All exercise is good for you. You can achieve benefits by training just on the weekend. Two hard training sessions can have the same effect as 5 shorter sessions. It has as much to do with the quality of your training as with the quantity.

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