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# Communicating And Relating

**Robert B. Arundale**



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web dies stellt einen der großen vorzüge gegenüber sportarten wie dem joggen dar gutes herz kreislauf training aufgrund der hohen belastung bei niedriger intensität fördert das inlineskaten besonders die ausdauer durch dieses ausdauertraining

wird die leistungsfähigkeit des herz kreislauf systems effektiv verbessert