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Sec. And TKF-HIT Is 0,24 Sec. The Gluteus M. Is The Early Recruited Muscle And The More Engaged 0,126 MV. The Biceps F. Is The Widely Used (98%). Hatchet Kick Showed 2 Phases Of ABH And 2 Of ADH, 1 Of FXH And 2 Of EXH With One's Blockage Between, And 3 Of EXK And 2 FXK, Emg Epoch Is 2,84 Sec. And TKF-HIT Is 0,49 Sec. Jan 12th, 2024  
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