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High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. Though there is no universal HIIT session duration, these intense ...

### **High-intensity interval training - Wikipedia**

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### **High-G training - Wikipedia**

Description . This reference design demonstrates how to connect a C2000 Delfino MCU to an EtherCATâ„¢ ET1100 slave controller. The interface supports both demultiplexed address/data busses for maximum bandwidth and minimum latency and a SPI mode for low pin-count EtherCAT communication.

### **EtherCAT Interface for High Performance MCU - TI.com**

Description . AWR1243BOOST is an easy-to-use evaluation board for the AWR1243 high-performance mmWave front end. The evaluation platform enables raw capture of analog-to-digital converter (ADC) data from the front end for RF performance evaluation.

### **AWR1243BOOST AWR1243 76-to-81GHz high-performance**

Tensor Comprehensions: Framework-Agnostic High-Performance Machine Learning Abstractions Nicolas Vasilache Facebook AI Research ntv@fb.com Oleksandr Zinenko

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