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Web the hearts natural pacemaker, and it initiates each beat 6 The impulse spreads from the SAN through the cardiac Each artery expands when the pulse of blood passes through and the elastic recoil of the fibres cause it to spring back afterwards, thus helping the blood along This is known as secondary circulation,

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Web strongest hearts out of all competitive athletes Rowing is great to strengthen your heart muscle! If you are unsure how to use it ask someone to show you • Keep the workouts spread out throughout the week This is more beneficial than bunching them up and then taking several days off from exercising