

Aerobic Exercise



Continuous, repetitive movements performed at low-moderate intensity

Anaerobic Exercise



Brief exercise done at near maximal effort

Everybody's Aerobic

Brendan G. Carr



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web remove from heat add apricots and let sit at least 15 minutes heat oven to 325 degrees in a tagine dutch oven or heavy bottomed pot with a tightfitting lid warm 2 tablespoons oil over medium heat until hot working in batches add lamb to pot leaving room around each piece this will help them brown

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