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**what is the afterburn effect and is it really true shape** Jun 21 2022 web jul 25 2022 known as the afterburn effect this process is said to boost your metabolism and keep you burning calories for up to 24 hours after exercise it s a theory many hiit based studios tout as a major health benefit of their workouts promising you ll reap the benefits of their one hour classes for days

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**afterburn on steam** Mar 18 2022 web daily mini campaign each day missions are a bit different than the last endless mode see how far you can go simple aircraft setup 27 possible combinations to accomodate your play style arcade action score as much as you can compete on the leaderboards quick to get into action no deep story or cutscenes to suffer through just dogfights

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**afterburn film wikipedia** Feb 17 2022 web afterburn is a 1992 drama film written and produced for television based on a true story where one woman takes on the united states military and general dynamics manufacturer of the f 16 jet fighter aircraft that took her husband s life the docudrama starred laura dern robert loggia and vincent spano

**afterburn definition meaning merriam webster** Oct 25 2022 web afterburn noun af ter burn 'af tər ,bərn 1 a hot spicy or burning sensation that remains in the mouth after consumption of a food or beverage and at 13 5 percent alcohol it

**afterburn wikipedia** Apr 19 2022 web afterburn may refer to excess post exercise oxygen consumption the burning of calories after vigorous exercise back fire an unintended explosion produced by a vehicle s engine afterburn psychotherapy a psychological term used during the application of psychotherapy afterburn film a film starring laura dern

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