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26. If You Are Planning A Moderately Intense Workout, What Should Your Rating Of Perceived Exertion Be On A Scale Of 1 To 10? A. 2 To 4 B. 4 To 6 C. 6 To 8 D. 8 To 10 27. In Kettlebell Lifting, All Of The Following Apply To The Time Of The Workout Apr 20th, 2024

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For This Workout, Complete Each Movement For :30 Seconds To A Minute Without Stopping Repeat 3-4 Times Before Moving On To The Next Movement. Rest :60 Seconds Between Sets! Kettlebell Instruction & Routine Move 1 ~ Ke!leBe" Swing ~Begin With Both Hands On The Kettlebell, And With A Feb 7th, 2024

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TOEFL REVIEW EXERCISE (Skills 1-4) 4. I Missing Verb (could Be Who Was In Herclassl 1. A : 3. B : 5. A : 7. C 9. A 5. I Unnecessary (should Be Vvhat Happened) 2. D 4.0 6. C : 8. A : 10. B Inversion 6. E : EXERCISE 5 : 7. C 8. I Extra Subject (omit It) I. C 9. Apr 24th, 2024

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