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Calculated Per A Modified Form Of The Equation In API RP7G, Latest Edition. Make-up Torque Values Are Based On The Lower Of 60% Of The Tool Joint To May 1th, 2024

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Worksheet 6 Strength Training Improving Muscular Strength ...

Exercise Prescription For Weight Training (FITT)
Frequency • Number Of Training Days Per Week • 2-3
Days Per Week Is Optimal For Strength Gains Intensity
• Measured By The Repetition Maximum (RM) • The
Number Of Consecutive Repetitions Performed Without
Resting Is A Set Time (duration) • Total Number Of
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