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Exercise 5 Exercise 6 Exercise -; END OF LESSON PROJECTS

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ANSWER KEY EXERCISE 12 EXERCISE 2 E TOEFL EXERCISE ...

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Herclassl 1. A : 3. B : 5. A : 7. C 9. A 5. I Unnecessary (should Be Vvhat Happened) 2.
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Learning Activity 10: Muscle-fiber Types 1. Type I: Slow-twitch; Small Amount Of Mitochondria; Fatigue-resistant; Used During Anaerobic Metabolism; Used During Sports Such As Cross-country Running 2. 3. Type IIx: Fast-twitch; Also Known As Fast-glycolytic; Small Amount Of Mitochondria; Less Resistant To Fatigue Than Type I Fibers; Largest And Fastest Fibers; Limited Capacity For Aerobic Metabolism 5th, 2024

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Grade (%) V• O 2 (mL/kg/min) 1 1.7 10 13.4 2 2.5 12 21.4 3 3.4 14 31.5 4 4.2 16
41.9 Note: Each Stage Is 3 Minutes In Duration. 24th, 2024

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Lucas Rockwood Is An Internationally-renowned Yoga Trainer, TEDx Speaker, Podcaster, Writer, And Entrepreneur. His Early Yoga And Meditation Teachers Include Sri K. Pattabhi Jois, Paul 25th, 2024

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