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Which client form allows clients to understand and accept any and all risks associated with beginning an exercise program? - ANSWER 2 liability waiver

A movement that keeps the distal end of the body segment fixed in one location describes what type of kinetic chain movement? - ANSWER Closed kinetic chain movement

Which of the following is considered an incomplete protein? - ANSWER 🗾 peas

For the average adult what percentage of the diet should be carbohydrates? - ANSWER 2 45 to 65 percent of daily calories

In which anatomical plane does the internal and external rotation of the shoulder occur? - ANSWER < transverse plane

Type, frequency, time, and rest are examples of what aspect of fitness? - ANSWER Acute training variables

At what average age does flexibility start to diminish for most people? ANSWER 2 45 years of age

In marketing, what is the definition of a "target market?" - ANSWER <a> The particular group of consumers that a product or service targets

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