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- Bend the pages back to match the black tab of the desired chapter number with the black tab on the edge at each table of contents page.
- Refer to the sectional table of contents for the exact pages to locate the specific topic required.

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web dec 21 2022 citation 46 this is similar to ar within a usrpt set for example a set is terminated when an individual cannot sustain the prescribed swimming interval velocity on 2 3 occasions see figure 1 rushall citation 44 suggests that day to day life stressors influence a swimmer s ability during training thus the inclusion of ar within