



NAKED + HOW WEIGHTLIFTING

THE BARE ESSENTIALS OF WEIGHT-TRAINING

By STEPHANIE JONES

Naked Weightlifting The Bare Essentials Of Weightraining

Jin-Ying Zhang



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 setting $t = 4.3 \text{ kn}$ into the above equations gives $t = 4.1667 \text{ kn}$ $t = 3.8250 \text{ kn}$ $w = 9.71 \text{ kn}$

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