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the primary fuel used during  
endurance exercise Fatty  
Acids What are the parts of  
the circulatory system The  
heart, arteries and Veins  
What are the parts of the  
Nervous System The Central,  
and Peripheral What connects  
bone to bone Connective  
Tissues What muscle fibers

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Answers  
are Aerobic Type 2

Kinesiology studies the mechanics and anatomy in relation to human movement  
What action is when muscles shorten to produce movements  
Concentric What ...

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Answers strength. Next, I would implement a hypertrophy protocol. Lastly, Exam would work on optimizing limit strength by utilizing a mesocycle at a high-intensity level and a medium volume.

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