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Stated In The ACI 318-99 Code, And Proposes An Equation Considering The Compressive Strength Of Concrete. While The Equation In The ACI 318-11 Or The Canadian Code (CSA-04, 2 2th, 2024.

Worksheet 6 Strength Training Improving Muscular Strength ...Exercise Prescription For Weight Training (FITT) Frequency • Number Of Training Days Per Week

• 2-3 Days Per Week Is Optimal For Strength Gains Intensity • Measured By The Repetition Maximum (RM)

• The Number Of Consecutive Repetitions Performed Without Resting Is A Set Time (duration) • Total Number Of Sets Performed 2th, 2024

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