

# Fitness Planner

Training Focus

## CARDIO

| Exercise | Set | Rep | Heart Rate |
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## STRENGTH TRAINING

| Exercise | Set | Rep | Heart Rate |
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## GOALS

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## NOTES

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# Guide Fitness Planner

**Wenbin Ji**



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web the shoe polish was formulated in accordance to the procedure earlier on used in the production of shoe polish from carbon black gumel 2006 15g paraffin wax was melted at 970c to give a fine solution the temperature was lowered to 600 c 2g polyethylene pigment was added and stirred for 5 minutes

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web apr 1 1996 a water resistant shoe polish including in addition to a tradition base mixture of wax and turpentine oil petroleum benzin high vacuum silicone grease glycerin glycerol stearate and stearic

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web it is usually made from ingredients including some or all of naphtha lanolin turpentine wax often called carnauba wax

gum arabic ethylene glycol and if required a colourant such as carbon black or an azo dye such as aniline yellow wax comes from a substance between resins and fats

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