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National Strength & Conditioning Association (U.S.) NSCA's guide to sport and exercise nutrition / National Strength and Conditioning Association ; Bill I. Campbell, Marie A. Spano, editors. p. ; cm. -- (Science of strength and conditioning series) Guide to sport and exercise nutrition Includes bibliographical references and index.

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1. Begin in the Form Start position (Figure 5-13) at the starting line (Figure 5-36) 2. When ready, sprint forward to the cone and plant right foot to complete a 90° change of direction to the left 3. Sprint

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