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CARRY
200M



8. WALLBALLS
100



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1000M



3. SLED
PULL
50M



5. ROW
1000M



7. 100M
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Fitness Lab

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Smartphone Apps for Health and Wellness John Higgins, Mathew Morico,2023-01-06 Smartphone Apps for Health and Wellness helps readers navigate the world of smartphone apps to direct

them to those which have had the best medical evidence in obtaining the users goal The book covers the history of apps how they work and specific apps to improve health and wellness in order to improve patients outcomes It discusses several types of apps including apps for medical care sleeping relaxation nutrition exercise and weight loss In addition sections present the features of a good app to empower readers to make their own decision when evaluating which one to use This is a valuable resource for clinicians physicians researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients Summarizes smartphone apps with the best evidence to improve health and wellness Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes *Contract* Len Corlin,1988 *Skiing* ,1993-12 *Ski* ,1993-12

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