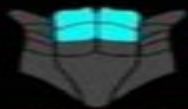


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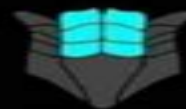
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LOWER



SIX PACK



OBLIQUES



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HARDER

 Crunches	 Reverse Crunch	 Flutter Kicks	 Sitting Twist	 Knee to Elbow	 Half Wipers
 High Crunches	 Scissors	 Elbow Plank	 Cross Crunches	 Knee to Elbow V2	 Arm/Leg raise
 Sit - Ups	 Leg Raises	 L-Sit	 Side Jack-knives	 Dead Bug	 Wipers
 Long Arm Crunches	 Pulse ups	 Star Plank	 Toe taps	 Plank Crunches	 Plank Rolls
 Hundreds	 Bicycle Crunches	 Hollow Hold	 Sitting Punches	 Side Plank Crunches	 Knee to Twists
 Knee Crunches	 Crunch Kicks	 V-Ups	 Side Plank	 V with rotations	 Climber Taps

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William Rainey Harper



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Compendium of Research Reports, 1981 **Index and Directory of U.S. Industry Standards**, 1987 **Introductory Hebrew Method and Manual** William Rainey Harper, 1886 **The Elements of Boat Strength: For Builders, Designers, and Owners** Dave Gerr, 1999-08-31 This work is significant It is the first to include a method of assessing structural strength in the context of the modern marine environment Commander M C Cruder U S Coast Guard Acclaimed author and naval architect Dave Gerr created this unique system of easy to use scantling rules and rules of thumb for calculating the necessary dimensions or scantlings of hulls decks and other boat parts whether built of fiberglass wood wood epoxy composite steel or aluminum In addition to the rules themselves The Elements of Boat Strength offers their context an in depth plain English discussion of boatbuilding materials methods and practices that will guide you through all aspects of boat construction Now you can avoid wading through dense technical engineering manuals or tackling advanced mathematics The Elements of Boat Strength has all the formulas tables illustrations and charts you need to judge how heavy each piece of your boat should be in order to last and be safe With this book an inexpensive scientific calculator and a pad of paper you ll be able to design and specify all the components necessary to build a sound long lasting rugged vessel What reviewers have said about Dave Gerr s books Propeller Handbook By far the best book available on the subject Sailing The best layman s guide we ve ever read Practical Sailor Dave Gerr and International Marine made a complicated topic understandable and put it into a handbook that is easy to use WoodenBoat Without doubt the definitive reference for selecting installing and understanding boat propellers Royal Navy Sailing Association Journal The Nature of Boats If you are not nautically obsessed before reading this book you will most certainly be afterward Sailing Fascinating potpourri of information about today s boats modern and traditional WoodenBoat *Standards Database Maintenance Phase II* Albert W. Horsmon, 1997 The objective of the standards database projects has been to develop and maintain a compendium of standards from international national government and regulatory bodies that have relevance to the U S shipbuilding and repair industry The first project in the current series was reported as NSRP 0361 It had standards titles numbers and issuing organizations cross referenced by Ship Work Breakdown Structure SWBS numbers The second was NSRP 0456 and was intended as a follow on to NSRP 0361 but the timing was such that 0456 was essentially a new database index This report is another new database index of shipbuilding related standards It is an expanded and updated version of 0456 with over 37 000 up from 17 000 standards listed This database should provide shipyards and related marine industries with a ready reference to standards that are of use to shipbuilding and avoid the development of new standards where acceptable standards exist **A Guide to Woodworking Projects** Paul V. Woolley, 1926 *Proceedings - Offshore Technology Conference*, 1999 STANDARDS DATABASE MAINTENANCE PHASE II, 1997 **Engineering Record, Building Record and Sanitary Engineer**, 1915 *William R. Harper's Introductory Hebrew Method and Manual* William Rainey

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