

# 12 Week Periodized Training Program Pdf

JS Bruner

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1... 2... C... fastboot...fastboot 3...  
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840... ? ...?  
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28-29,34...2008,92 (3):28-29,34 ...2008...3...28-29,34...2008, (3):28-29,34 ... **12**  
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2011 1 ...  
... **13**...**14**...? - ...13...14...  
i9...i7...i7...i5...13...14...12...i5 12400F...i5 12600K...i7 12700K... ..

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