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muscle flexibility. The instrument used to measure hand strength is dynamometer. The instrument used to measure skin fold is called calipers. Curl-ups measures the level of muscular strength and endurance of abdominal muscles.

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MODULE 1 As you read
this week ' s textbook
reading assignments, take
notes in response to these
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you to prepare for your quiz. Fee and Stuart. 1. Know: Hermeneutics is the art and science, or as some would say the theory and practice, of interpretation.

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