

ULTIMATE FITNESS WORKBOOK

10-WEEK MUSCLE-BUILDING PROGRAM
BY HEIDI LAWSON



Fitness Workbook

Barbara Passikoff, Verla Witt

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amplitude the hight of a wave from the origin to the crests wavelength the distance between crests and waves energy level a
region outside the nucleus where there is high probability of finding an electron aufbau principle

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wavelength is usually expressed in meters centimeters or nanometers 1 nm 1 10⁻⁹ m frequency represented by the greek
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