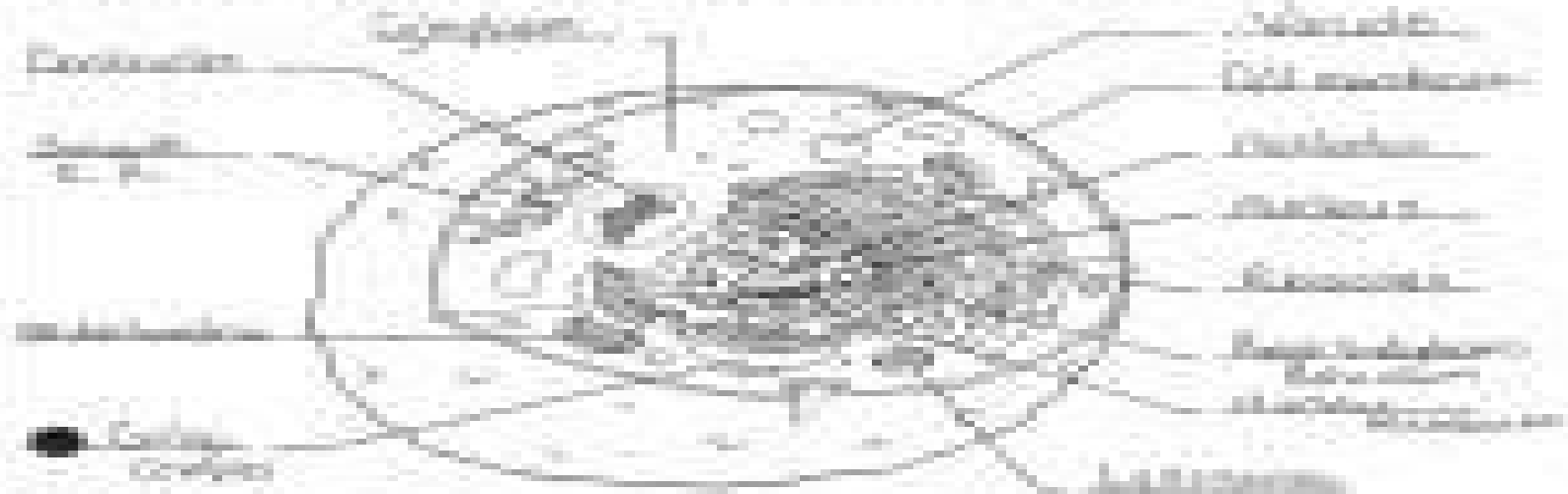


THE HALL CALL

100

Abstract—The purpose of this study was to determine the effect of a 10-min warm-up on the performance of a 100-m sprint. Ten male subjects performed a 100-m sprint after a 10-min warm-up and a 10-min rest period. The results showed that the 10-min warm-up significantly improved the performance of the 100-m sprint. The 10-min rest period did not significantly affect the performance of the 100-m sprint. The results of this study suggest that a 10-min warm-up is beneficial for improving the performance of a 100-m sprint.



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In a global driven by information and connectivity, the power of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Biology If8765 Answers Page 7**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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