**12OE Adventure Race**

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| 4. C:\Users\cwooller\Downloads\qrcode.19940523.png**Answer:** | 5.C:\Users\cwooller\Downloads\qrcode.19940541.png**Answer:** | 6.C:\Users\cwooller\Downloads\qrcode.19940567.png**Answer:** |
| 7.C:\Users\cwooller\Downloads\qrcode.19940582.png**Answer:** | 8.C:\Users\cwooller\Downloads\qrcode.19940645 (1).png**Answer:** | 9.C:\Users\cwooller\Downloads\qrcode.19940681.png**Answer:** |

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| 1.**Question: What is the prime mover for a bicep curl?****Answer: Bicep Brachii** | 2.**Question: How many steps in front of the new reception?****Answer:** | 3.**Question:** What is the name of the bone at the bottom of your spine?**Answer: Coccyx** |
| 4. Go to the tennis courts and do 100 ski jumps over any line.Q4: What are the names of the different types of anaerobic energy systems?Answer: ATP-CP & Lactic Acid System | 5. Go to the canteen.Skip with a skipping rope x 300 jumps as a team.Q4: What is the name of the muscle in the shoulder? | 6.Go to the area that overlooks the pool at the shakespeare rd end of the pool.Come up with a poem about kayaking (record it somehow on yr phone).Q4: What is the name of the bone known as the jawbone? |
| 7.Go to quadHave a drinkQ4: In a volleyball serve, what is the last joint to create flexion? | 8.Go to the back of G3.Do a balance on one foot for 60 seconds.Q8: Give two true facts about the Aerobic energy system. | 9.Go to my new office.Complete 30 clap pressups.Q8: How long should you hold a stretch? |