

EXERCISE PHYSIOLOGY



Fundamentals Of Exercise Physiology

RJ Shavelson



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web 1 jan 14 2010 does anyone know if the powders that used to be made in the scottish ardeer nobel factory which were known here in australia as nobel 60 nobel 80 etc are still being manufactured import of these to australia ceased in about the late 80 s were they commonly available in britain for reloading are they still

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web with its superior quality components nsi crafts approximately 120 million shotshells per year which are sold all over the world and distributes approximately 300 tons of powders

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web feb 22 2019 t cs create new i am looking for load details for nobel no 62 shotgun powder i want to load 1oz of shot for dtl trap i was given 12kg of the powder in sealed 2kg tins i was also given a quantity of winchester 442 powder and require data for this powder all comments greatly appreciated

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web apr 29 2022 i advised them i use gun club and sts hulls clay dot powder and waa12sl wads with 1oz loads here is the rule of thumb when it comes to a primer swap in shotshells this is based upon two independent studies where when just the primer was changed a swing in pressure was noted by as much as 2500 psi

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web 1 jan 2 2018 greetings and happy new year to you all i have a few tins of nobel 80 powder and wanted to use it for loading 12 guage shotgun loads i ve searched but cannot find any data i am using 1 1 16 oz 30grams of shot 209 primer 70mm case and aa wads have any of you kind people got any powder weight data please

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web jan 9 2010 the mec powder bushing chart covers a range of powders but not n 80 my powder charts show nobel 80 as one of the faster powders but i am not sure it is in current production as to shot load you could throw a measure and count pellets 32g 8 504 approx it beats watching snow the lee powder scales are not fancy but they work

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web feb 16 2008 the powders are all nobels powders starting with pistol no 2 nl9414 rifle no 2 nl9133 and rifle no 0 nl8968 i believe the nl prefix numbers are lot numbers i do not know what calibres they would even be suitable to reload with but i have available 222 rimmed 222 rem 7 62 x 39 308 win 303 brit 38 x 55 and 45 70

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web jun 4 2011 your nobel 0 powder is a rifle powder 30 06 etc and there is no shotshell data for it and the nobel 78 is a shotshell powder but the only cases it gives loads for are parallel tube types using fibre wads or eley monowads in 28 or 30 gram and eley primers the pressures vary from 2 35 to 2 65 ton s per square inch

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