

TABLES - "GOING FOR YOUR PERSONAL BEST"

1 X 12 = 12	4 X 12 =	5 X 12 =	8 X 12 =
2 X 12 = 24	7 X 12 =	6 X 12 =	3 X 12 =
3 X 12 = 36	5 X 12 =	9 X 12 =	5 X 12 =
4 X 12 = 48	11 X 12 =	2 X 12 =	12 X 12 =
5 X 12 = 60	10 X 12 =	12 X 12 =	2 X 12 =
6 X 12 = 72	1 X 12 =	1 X 12 =	7 X 12 =
7 X 12 = 84	8 X 12 =	3 X 12 =	4 X 12 =
8 X 12 = 96	9 X 12 =	11 X 12 =	1 X 12 =
9 X 12 = 108	12 X 12 =	8 X 12 =	6 X 12 =
10 X 12 = 120	2 X 12 =	4 X 12 =	10 X 12 =
11 X 12 = 132	6 X 12 =	7 X 12 =	11 X 12 =
12 X 12 = 144	3 X 12 =	10 X 12 =	9 X 12 =
	TIME:	TIME:	TIME:

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10 X 12 = 120	2 X 12 =	4 X 12 =	10 X 12 =
11 X 12 = 132	6 X 12 =	7 X 12 =	11 X 12 =
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