

TABLES - "GOING FOR YOUR PERSONAL BEST"

1 X 4 = 4	4 X 4 =	5 X 4 =	9 X 4 =
2 X 4 = 8	8 X 4 =	7 X 4 =	3 X 4 =
3 X 4 = 12	6 X 4 =	10 X 4 =	6 X 4 =
4 X 4 = 16	9 X 4 =	2 X 4 =	10 X 4 =
5 X 4 = 20	11 X 4 =	12 X 4 =	2 X 4 =
6 X 4 = 24	1 X 4 =	1 X 4 =	8 X 4 =
7 X 4 = 28	5 X 4 =	3 X 4 =	4 X 4 =
8 X 4 = 32	10 X 4 =	6 X 4 =	1 X 4 =
9 X 4 = 36	12 X 4 =	9 X 4 =	7 X 4 =
10 X 4 = 40	2 X 4 =	4 X 4 =	11 X 4 =
11 X 4 = 44	7 X 4 =	8 X 4 =	12 X 4 =
12 X 4 = 48	3 X 4 =	11 X 4 =	5 X 4 =
	TIME:	TIME:	TIME:

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9 X 4 = 36	12 X 4 =	9 X 4 =	7 X 4 =
10 X 4 = 40	2 X 4 =	4 X 4 =	11 X 4 =
11 X 4 = 44	7 X 4 =	8 X 4 =	12 X 4 =
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