

TABLES - "GOING FOR YOUR PERSONAL BEST"

$1 \times 7 = 7$	$4 \times 7 =$	$5 \times 7 =$	$9 \times 7 =$
$2 \times 7 = 14$	$8 \times 7 =$	$6 \times 7 =$	$3 \times 7 =$
$3 \times 7 = 21$	$5 \times 7 =$	$10 \times 7 =$	$5 \times 7 =$
$4 \times 7 = 28$	$9 \times 7 =$	$2 \times 7 =$	$10 \times 7 =$
$5 \times 7 = 35$	$11 \times 7 =$	$12 \times 7 =$	$2 \times 7 =$
$6 \times 7 = 42$	$1 \times 7 =$	$1 \times 7 =$	$8 \times 7 =$
$7 \times 7 = 49$	$7 \times 7 =$	$3 \times 7 =$	$4 \times 7 =$
$8 \times 7 = 56$	$10 \times 7 =$	$7 \times 7 =$	$1 \times 7 =$
$9 \times 7 = 63$	$12 \times 7 =$	$9 \times 7 =$	$6 \times 7 =$
$10 \times 7 = 70$	$2 \times 7 =$	$4 \times 7 =$	$11 \times 7 =$
$11 \times 7 = 77$	$6 \times 7 =$	$8 \times 7 =$	$12 \times 7 =$
$12 \times 7 = 84$	$3 \times 7 =$	$11 \times 7 =$	$7 \times 7 =$
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