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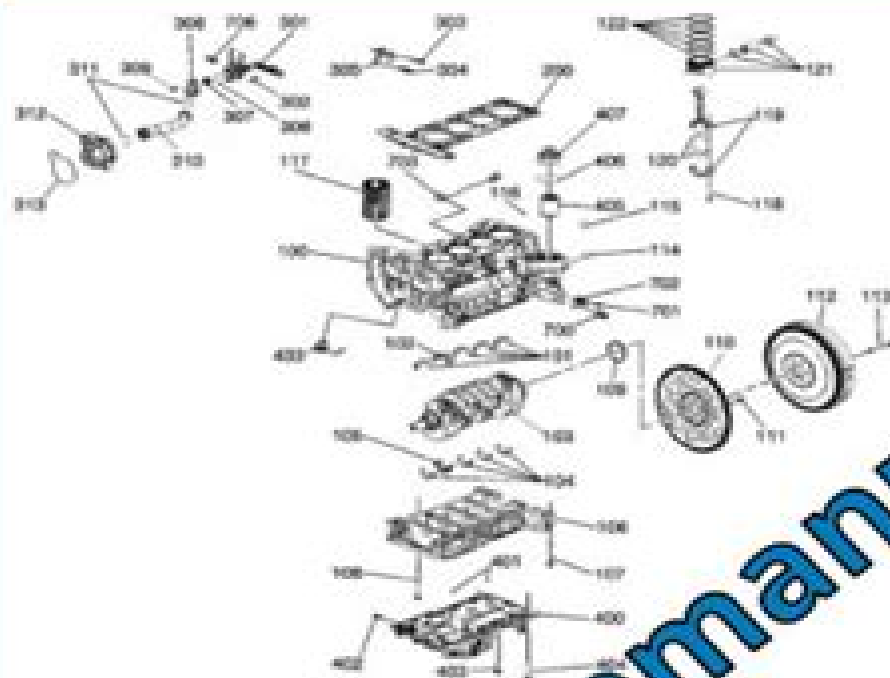


Fig. 21: Engine Block and Components

Courtesy of GENERAL MOTORS CORP.

Callouts For Fig. 21

Callout	Component Name
100	Engine Block
101	Crankshaft - Upper
102	Crankshaft Thrust Bearing - Upper
103	Crankshaft
104	Crankshaft Bearing - Lower
105	Crankshaft Thrust Bearing - Lower
106	Lower Crankcase
107	Lower Crankcase Perimeter Bolt
108	Lower Crankcase Main Bearing Bolt

Install the engine mount to bracket bolts (2).

Tighten the engine mount to bracket bolts in the following sequence.

1. Middle
2. Rear
3. Front

Tighten: Tighten to 100 N.m

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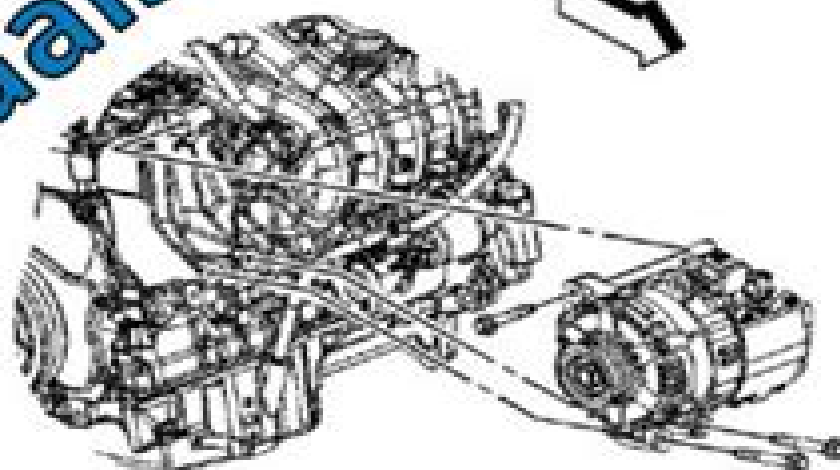


Fig. 27: Generator Starter And Bolts

Courtesy of GENERAL MOTORS CORP.

Position the generator starter to the vehicle and install the bolts.

Tighten the generator starter bolts in the following sequence.

1. Front
2. Bottom

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web the following is an overview of a week s training for each of the three phases of an annual training program for the high jump day preparation phase pre competition phase competition phase monday core stability work 3 x 30m sprint drills high

jump drills

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web sample schedule page 5 introduction my workout system and chart may seem easy and that is fine by me if you think that the funny thing is in all my years of high jumping i routinely beat guys that were stronger when training for the high jump think about the motion of jumping you start with long bounding strides a powerful

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web oct 24 2020 what is high jump high jump involves the clearance of a horizontal bar which has been set at a specific height without knocking it over it is one of the more glamorous track and field competitions which features at events usually sanctioned by world athletics what are the required skills in high jump

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web speed endurance especially with high jump need to be able to perform multiple times a meet at a consistent high level

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web jun 17 2023 high jump workout plan 5 10 min dynamic warm up 10 20 min high jump drills 3 4 short sprints 20 40m 15 min core workout 20 min strength training if you re looking for an effective high jump workout plan that can level up your jumping ability you ve come to the right place

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web jun 3 2020 do you target different disciplines on different days yes monday tuesday thursday and friday are full days and on wednesday and saturday i only train in the morning it s pretty complex

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