

PERSONAL FITNESS PROGRAM OVERVIEW & WORKBOOK



MENTOR BADGE UNIVERSITY
OVERLAND TRAILS COUNCIL

Personal Fitness Study Guide And Workbook

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Sutton, National Academy of Sports
Medicine**



Personal Fitness Study Guide And Workbook:

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spadefoot (*Scaphiopus couchi*). Order: Salientia Family: Pelobatidae (spadefoots) Other common name: spadefoot toad.
Spanish names: sapo con espuelas ... Spadefoot toad | burrowing, nocturnal, desert 3 days ago — All spadefoot toads are classified in the family Pelobatidae. Spadefoot toads have a broad, horny “spade” projecting from the inside of each
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