

**GCE**

**Geography**

**H481/03: Geographical debates**

**A Level**

**Mark Scheme for June 2024**

# Ocr B 2013 Geography Mark Scheme

**Huangqi Zhang**

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your weekly fitness routine just remember that it's better to start with lighter weights and work your way up than it is to start with heavier weights and work your way to the hospital

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web bench press neutral grip incline bench press incline bench press neutral grip decline bench press lying fly incline fly straight arm pullover bent arm pullover dumbbell exercises for shoulders inner outer and rear deltoids trapezius palms in shoulder press back supported palms in shoulder press palms in alternated shoulder press

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