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Capacity: Customary Units Of Weight: 8 Fluid Ounces
(fl Oz) = 1 (c) 2 Cups = 1 Pint (pt) 16 Ounces = 1 Pint
32 Ounces = 1 Quart (qt) 2 Pints = 1 Quart 4 Cups = 1
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Chest And Then The Next 3 Weeks The Lower And The
3 Weeks After That The Whole, The Goal Of This
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