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 Press - Seated Or Standing Alternate Presses With
 Moderate To Heavy Weights. O Upright Rowing - Using
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 Raises - Use Light To Moderate Weights, Performed To
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ADE ~ ABC ADE ~ ABC And (ii) Δs QOA ~ BOP [by AAA
 Similarity] Therefore, $(OQ/OB) = (OA/OP)$ Now, Area
 (POB)/ Area (QOA) = $(OP/OA)^2 = 72/52$. Since
 Area (QOA) = $150\text{cm}^2 \Rightarrow \text{area (POB)} = 294\text{cm}^2$.
 2. 4. Two
 Isosceles Triangles Have Equal Angles And Their Areas
 Are In The Ratio 16: 25. The Ratio Of Corresponding
 Heights Is: (A) 4:5 (B) 5:4 (C) 3:2 (D) 5:7 . Answer: (A)
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In Shaun And The Gang To Help Out. 6:40pm Andy's
Aquatic Adventures: Andy And The Tusk Fish
(CC,Repeat,G) Andy Boards His Safari-sub To Search
For Some Tusk Fish. Suddenly, A Tusk Fish Appears
Amongst The Coral, And On Seeing Its Enormous
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