

## Redeployment Of Cooper test:

Everybody has a unique out comes of formulas of 5 elements an well: weight, length, Fat BMI, Muscle BMI & Age.

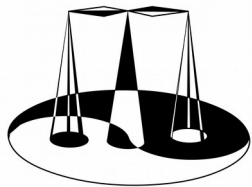
By that seen as proven the copper test peep is not to rule in equal time between the peeps, By wise and decide for yourself the activation of your personal cooper test peep based on Hart Beats must be lower than 100 Beats per minute after you now that sure you decide if you are totally ready to do the next 100 meter sprint & that you now sure that you will reach for 100% self insurance the next finish what lay's 100 meter further.

Start the redeployed cooper test first trainings day by sprinting 10 x 100 meters with between your personal break based on your personal wisdom of your own condition, you do not need somebody who stands next to you to decide your reactivation of your training.

If you think you can upgrade to next level (11 x 100 meter) it's your own decision.

Upgrade your training maximal for female's 30 x 100 meter sprint and for male's 43 x 100 meters. If you reach this maximal amount of factor 100 meters you will train your condition higher with impending time of your personal break between your: "personal cooper test peeps."

Scientific out comes of measurement Sprint Versus Marathon is won on all measurements by: Sprint so that makes marathon no more a Preview sport and by that no official Olympic Sport. for replacement of marathon will be Half Sprint Half Spear Throwing.



Yours, Marcel Art (Highest Marshall Art Council to do this redeployment).