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Department:
Education
PROVINCE OF KWAZULU-NATAL

**NATIONAL
SENIOR CERTIFICATE**

GRADE 11

PHYSICAL SCIENCES P2 (CHEMISTRY)

COMMON TEST

SEPTEMBER 2019

MARKS: 150

TIME: 3 hours

**This question paper consists of 11 pages, 3 data sheets
AND a special answer sheet.**

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web program goals increase intensity and power output through mutli joint explosive training increase strength and neuromuscular stimulation by using a five week periodized program increase lean muscle tissue learn olympic lifts and explosive movements prepare muscles and connective tissue for more specialized phases