

9. Add.

$$\frac{4}{z^2} + \frac{6}{z} = \frac{4}{z^2} + \frac{6(z)}{z(z)} = \frac{4}{z^2} + \frac{6z}{z^2} = \frac{6z+4}{z^2} = \boxed{\frac{2(3z+2)}{z^2}}$$

10. Subtract.

$$\frac{3t}{t+6} - \frac{4t}{6+t} = \frac{3t}{t+6} - \frac{4t}{t+6} = \boxed{\frac{-t}{t+6}}$$

11. Simplify.

$$\frac{3x+5}{9x^2-25} - \frac{15x}{25x-15x^2} = \frac{3x+5}{(3x+5)(3x-5)} - \frac{15x}{-5x(3x-5)} = \frac{1}{(3x-5)} + \frac{3}{(3x-5)} = \boxed{\frac{4}{3x-5}}$$

12. Simplify.

$$\frac{\frac{2}{t} + \frac{3}{t^2}}{\frac{5}{t^2} + \frac{1}{t}} = \frac{\left(\frac{2}{t} + \frac{3}{t^2}\right)t^2}{\left(\frac{5}{t^2} + \frac{1}{t}\right)t^2} = \frac{\frac{2t^2}{t} + \frac{3t^2}{t^2}}{\frac{5t^2}{t^2} + \frac{t^2}{t}} = \frac{2t + 3}{5 + t} = \boxed{\frac{2t+3}{t+5}}$$

13. Solve and check for extraneous answers.

$$\frac{x+24}{x} = \frac{x}{4}$$

$$4x+96=x^2$$

$$0=x^2-4x-96$$

$$(x-12)(x+8)$$

$$x=12 \quad x=-8$$

✓

$$\frac{x+24}{x} = \frac{x}{4}$$

$$\frac{12+24}{12} = \frac{12}{4}$$

$$\frac{36}{12} = \frac{12}{4}$$

$$3 = 3$$

$$\boxed{x=12}$$

$$\frac{x+24}{x} = \frac{x}{4}$$

$$\frac{-8+24}{-8} = \frac{-8}{4}$$

$$\frac{16}{-8} = \frac{-8}{4}$$

$$-2 = -2$$

$$\boxed{x=-8}$$

14. Solve and check for extraneous answers.

$$\left(\frac{3t}{(t-5)(t+4)} = -\frac{6t}{(t-5)(t+4)(t+2)}\right) (t-5)(t+4)(t+2)$$

$$\frac{3t(t+2)}{(t-5)(t+4)(t+2)} = -\frac{6t(t+4)}{(t-5)(t+4)(t+2)}$$

$$\frac{3t}{t^2-t-20} = -\frac{6t}{t^2-7t+10}$$

$$3t^2-6t = -6t^2-24t$$

$$9t^2+18t = 0$$

$$9t(t+2) = 0$$

$$\frac{9t=0}{t=0} \quad \frac{t+2=0}{t=-2}$$

15. Graph. Include asymptotes.

$$g(x) = \frac{1}{x-3}$$

$$x-3 \neq 0$$

$$x \neq 3$$

$$y \neq 0$$



16. State the domain and range.

$$f(x) = \frac{1}{x-4} + 5$$

$$D = \{x \mid x \neq 4\}$$

$$R = \{y \mid y \neq 5\}$$

17. State the domain and range.

$$f(x) = -\frac{3}{x} - 3$$

$$D = \{x \mid x \neq 0\}$$

$$R = \{y \mid y \neq -3\}$$

18. Identify asymptotes and x and y intercepts.

$$f(x) = \frac{x}{x-5}$$

$$P(x) \rightarrow x=0$$

$$Q(x) \rightarrow x=5$$

$$> \text{zeros}$$

$$\boxed{VA=5}$$

$P(x)$ & $Q(x)$ have same power

$$\therefore HA = \frac{1}{1} = 1$$

$$\left. \begin{array}{l} \text{x-intercept } (0,0) \\ \text{y-intercept } (0,0) \end{array} \right\}$$

$$f(x) = \frac{0}{0-5} = \frac{0}{-5} = 0$$

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web an example of linear periodization is adding weight load to a given exercise each training session until that 4 or 8 week block is completed an example of undulating periodization would be doing a high volume low intensity session followed by a low volume high intensity session the following week

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web aug 5 2021 for example if you wanted to develop muscular endurance or work capacity 2 undulating periodization aka non linear periodization undulating periodization also referred to as non linear periodization involves varying the stimulus on a daily dup or weekly wup basis dup daily undulating periodization

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web mar 23 2022 undulating periodization is a type of training where volume and intensity go up and down either weekly or daily within the training period weekly undulating periodization wup changes the volume and intensity week to week and daily undulating periodization dup adjusts the volume and intensity daily between training