



CHEM 1412: General Chemistry II

Laboratory Manual

Spring 2023
ONLINE COURSE

This Laboratory Manual has been written and reviewed by the CHEM 1412 faculty at Lone Star College-CyFair. Questions about this manual to David Kuehnert at dkuehnert@lonestar.edu

dkuehnert@lonestar.edu

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web mar 3 2022 auch beim sport wird eine erhöhte herzfrequenz angestrebt jedoch wird dadurch das herz trainiert denn das training wird wieder unterbrochen worauf eine ruhephase folgt im gegensatz dazu schlägt bei stress das herz dauerhaft zu schnell und es kommt zur ermüdung

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web nov 29 2021 ein guter start ist etwa dreimal die woche eine halbe stunde moderates ausdauertraining und zweimal die woche fünf bis sechs krafttraining Übungen oder täglich 15 bis 20 minuten die nach und nach gesteigert werden unter moderatem training verstehen herzexperten rund hundert schritte pro minute oder 3 000 schritte in 30 minuten

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