

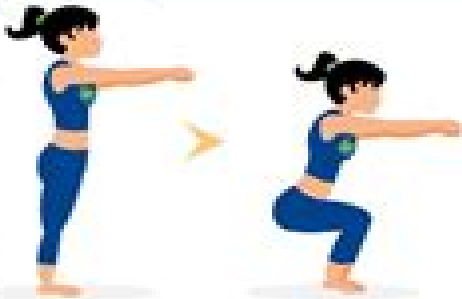


NERD Fitness

THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

1



20

Bodyweight Squats

4



10

Dumbbell Rows
(use a milk jug or other weight)

2



10

Push-ups

5



15

sec
Plank

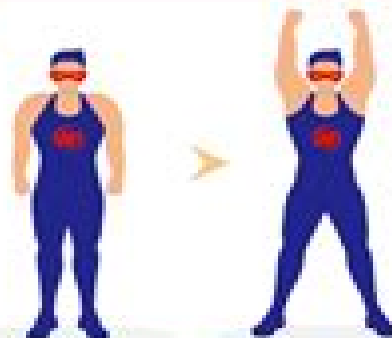
3



10

Walking Lunges
(each leg)

6



30

Jumping Jacks

Home Workout Routine For Creators And Bloggers Complete Beginner Guide

Brant Reuber



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web oxidation reduction redox reactions oxidation $\text{Cu} + \text{S} + \text{Cu} + 2\text{A} + \text{Q} + 2\text{E} + \text{Reduction} + \text{MnO}_4 + \text{A} + \text{A} + \text{Q} + 3\text{E} + \text{MnO}_4 + 2\text{S} + 2\text{H} + 2\text{O}$
l when the half reactions listed above are combined into a balanced chemical equation the ratio of the coefficients $\text{Cu} + \text{S} + \text{MnO}_4 + 4\text{A} + \text{Q}$ is

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web 1 practice problem balance the redox reaction in basic solution no $2\text{A} + \text{Q} + \text{Al} + \text{S} + \text{NH}_3 + \text{G} + \text{AlO}_2 + \text{A} + \text{Q} + 2$ practice problem balance

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web google classroom for the following redox equation $\text{MnO}_4^- + \text{SO}_3^{2-} + \text{H}_2\text{O} \rightarrow \text{Mn}^{2+} + \text{HSO}_4^- + \text{OH}^-$ what will be the stoichiometric coefficient of HSO_4^- if the above equation is balanced in an acidic medium stuck use a hint report a problem do 4 problems

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web solution 1 the two half reactions balanced as if in acidic solution $2\text{CN}^- + \text{Au} + \text{CN}^- + 2\text{e}^- + 2\text{H}^+ + \text{O}_2 \rightarrow \text{H}_2\text{O}_2 + 2\text{C} + 2\text{H}_2\text{O}$ make electrons equal convert to basic solution $4\text{CN}^- + 2\text{Au} + 2\text{Au} + \text{CN}^- + 2\text{e}^-$ multiplied by a factor of 2 $2\text{e}^- + 2\text{H}_2\text{O} + \text{O}_2 \rightarrow \text{H}_2\text{O}_2 + 2\text{OH}^-$ the final answer

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web the half equation method separates the oxidation and reduction of a redox reaction in half reactions overall scheme for the half reaction method step 1 split reaction into half reactions reduction and oxidation step 2 balance the charge or oxidation number with electrons step 3 balance ce o by adding ce h₂o

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web we can balance it for charge by adding two electrons to the right side of the equation so that the net charge on each side is 0 oxidation $\text{Ni} \rightarrow \text{Ni}^{2+} + 2\text{e}^-$ now that the oxidation half reaction is balanced it tells us that two electrons are produced for every atom of nickel oxidized but where do those electrons go

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web balancing redox reactions in acidic solution problems 1 10 problem 1 $\text{Cr}_2\text{O}_7^{2-} + \text{Fe}^{2+} + \text{Cr}^{3+} + \text{Fe}^{3+}$ solution 1 balanced half reactions $6\text{e}^- + 14\text{H}^+ + \text{Cr}_2\text{O}_7^{2-} \rightarrow 2\text{Cr}^{3+} + 7\text{H}_2\text{O}$ $\text{Fe}^{2+} \rightarrow \text{Fe}^{3+} + \text{e}^-$ equalize the electrons $6\text{e}^- + 14\text{H}^+ + \text{Cr}_2\text{O}_7^{2-} \rightarrow 2\text{Cr}^{3+} + 7\text{H}_2\text{O}$ $6\text{Fe}^{2+} \rightarrow 6\text{Fe}^{3+} + 6\text{e}^-$ multiplied by a factor of 6

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web in the redox equation below that occurs in our stomach which of the following pairs identifies the reducing and oxidizing agents respectively c₆h₈o₆ 2h₂no₂ c₆h₆o₆ 2h₂o 2no choose 1 answer c₆h₈o₆ and no₂ a c₆h₈o₆ and no₂ no₂ and c₆h₈o₆ b no₂ and c₆h₈o₆ h and no₂ c h and

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