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### **HOT Calories Calories From Fat Total Fat (G) Saturated Fat ...**

Nutrition Guide Menu May Vary By Location. =  
FEATURED BEVERAGE. Iced Drinks Calories Calories

From Fat Total Fat (G) Saturated Fat (G) Trans Fat (G)  
Cholesterol (MG) Sodium (MG) Carbohydrates (G) Fiber  
(G) Sugar (G) Protein (G) Iced Coffee SM 16oz 5 0 0 0 0  
0 0 1 0 0 0 MED 20oz 5 0 0 0 0 0 1 0 0 0 1th, 2024

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And Women AGE**

**Taken From ACSM'S Health-Related Physical  
Fitness Assessment Manual, 2ndEd. 2008. Pg 59.  
AGE AGE ACSM Body Composition (% Body Fat)**

**For Men And Women. Author: Steve C Ruys  
Created Date: 3th, 2024**

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And Body ...**

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Swimming, Walking/running, Spinning, Bike,  
Crossfit Respectively. There Is Only A Significant  
Differences In Strength Exercises Type Both The  
Duration And Frequency Between The Genders  
(p**