

# Liteway 4 Plus and Balance Plus Scooters

Owner's Manual & Service Record



Liteway 4 Plus

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# Liteway Rascal User Manual

**Tobias Bleicker**



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web the physical readiness program operating guide also known as the opguide provides general guidance and recommendations for both commands and individual sailors on nutrition prt conduct

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web naval operations opnav n171a a to develop and execute a training program for all providers on proper procedures for body composition assessment and physical readiness test medical

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web the physical readiness program operating guide is the official physical readiness program supplement guide to the this

instruction and will be referred to as the operating

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web jul 16 2011 a physical readiness program operating guide is now in place and is accompanied by an updated version of the navy nutrition guide and fitness enhancement program fep guidance that will reside online at the navy physical readiness webpage the new guide incorporates policy guidance from opnavinst 6110 1h and

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