FM Event Summary

Fluid Mechanics, Inc.
The Swimming Experts

Date	Consultant
Facility	Service
Participant	Topic/Level

Covered During This Session

Homework

Next Step

610-837-9999 ● swim@fluidmechanics.net ● www.fluidmechanics.net

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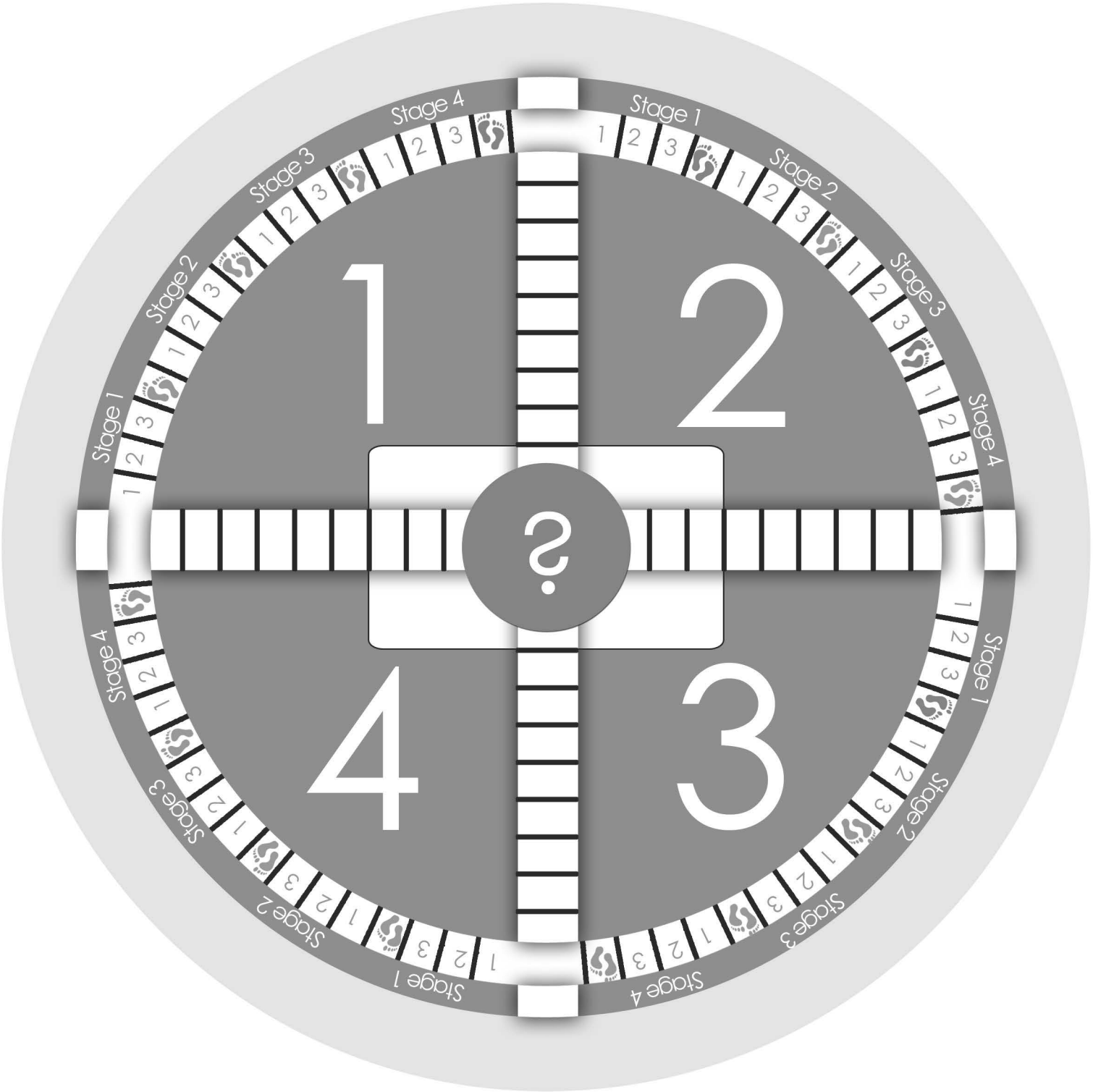
FM Effort Chart

Date	Primary Focus



For Details Watch: https://fluidmechanics.net/using-the-fm-effort-chart/

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