

# New Lifters Manual Guide

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SPECIFICATIONS 12-6 ENGINE (Section 6A Continued)  
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### Owner's Page | Caldera Spas

Note from Greg: Keep in mind that these results haven't been published in peer-reviewed journals (so naturally be a bit skeptical), although the idea of increased frequency improving outcomes echos other authors like Siff, Verkhoshansky, and Zatsiosky.

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