



LOW CARB MEAL PLAN WEEK 1



Low Carb Recipes Last 90 Days Tutorial

Léo Pomar



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web base high grip low grip rain carreggiata tot anteriore front wheel track 122 122 123 122 125 126 mozzo anteriore front hub standard standard standard lungo long altezza telaio anteriore front

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web most setup changes will be in the front to remove rear grip stiffen the front of the kart with a stiffer bar to add rear grip soften the front of the kart with a softer bar typically you will set the rear width between 50 51 smaller drivers will be around 50 larger or heavier drivers will be around 51

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