

THE NATIONAL PARKS

OF THE UNITED STATES OF AMERICA



LIST OF NATIONAL PARKS

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- 1. DENALI
- 2. GATES OF THE ARCTIC
- 3. GLACIER BAY
- 4. KATMAI
- 5. KENAI FLOODES
- 6. KODIAK VALLEY
- 7. LAKE CLARK
- 8. WIRANDELL-ST. ELIAS

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- 9. GRAND CANYON
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web a vibration plate is a type of exercise equipment that produces vibrations to stimulate muscle contractions and improve muscle strength and flexibility. The machine typically consists of a flat platform that vibrates at different frequencies and amplitudes which can be adjusted according to the user's preferences and fitness level.