

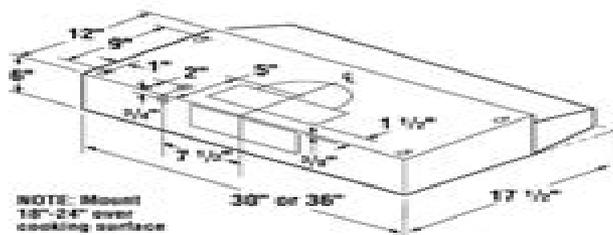

Kenmore Range Hoods


22-52052 – 30" Convertible
22-52152 – 36" Convertible

- ▶ Vented (3 1/4" x 10" or 7" round) or ventless**
- ▶ Variable speed rotary controls
- ▶ 200 CFM axial blade blower
- ▶ Dual work/night lights*
- ▶ Backdraft damper kit included for 3 1/4" x 10" venting, optional for 7" venting

HOOD TECHNICAL SUPPORT**1-800-637-1453**

7:30 AM – 6:00 PM CST



NOTE: Mount
18"-24" over
cooking surface

Size Selection	
30"	22-52052
36"	22-52152
Venting	
Vertical CFM	200/220
Horizontal CFM	570
Rectangular (inches)	3 1/4 x 10
Round (inches)	7
Vertical Sones (Vented)	4.5
Horizontal Sones (Vented)	4.5
General Features	
Fan Type	Axial
Control Type	Rotary
Speeds	Variable
Work Light*	2 @ 40W
Night Light	●
Amps (Maximum)	1.7
Volts	110-120
Shipping Weight (Approx. Lbs.)	30" 16 36" 17

Accessories	
7" Round Backdraft Damper	22-233-59183
Recirculation Filter**	22-233-59190
30" W x 24" H	Bisque/Black 22-022-58120
Reversible	Almond/White 22-022-58128
Backsplash	Stainless 22-022-58129
36" W x 24" H	Bisque/Black 22-233-58130
Reversible	Almond/White 22-233-58138
Backsplash	Stainless 22-233-58139
Wall Cap – 3 1/4" x 10", Black	22-233-59391
Wall Cap – 6" Round, Aluminum	22-233-59691
Roof Cap – 3 1/4" x 10" Or Up To 6" Round, Black	22-233-59091
Duct Transition – 3 1/4" x 10" to 6" Round	22-233-59581
Replacement Grease Filter	22-233-99010316
Range Hood Power Cord	22-233-SHCK44
Warranty	
Full 1-Year Warranty	Parts & Labor
Limited 90-Days – Finish On Any Painted or Bright Metal Parts	Parts

*Lamps sold separately

** Required for ventless operation

Type	CFM	30"	36"	White	Stainless	Bisque	Black
Convertible Hoods (Vented 3 1/4" x 10" Rectangular or Vented 7" Round or Ventless**)	200	●	●	22-52052	22-52053	22-52154	22-52059
	200			22-52152	22-52153		22-52159

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web each macrocycle might last between 3 and 6 weeks for the sake of ease we'll assume that each cycle lasts for a calendar month the training objectives and methods vary within each cycle and there's an important reason for this

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web a macrocycle refers to your season as a whole a mesocycle refers to a particular training block within that season e.g. the endurance phase a microcycle refers to the smallest unit within a mesocycle e.g. usually a week of training

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web apr 14 2020 football microcycle with 2 official competitions separated for 6 days this video describes six fundamental aspects of the training microcycle organization

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web program goals increase intensity and power output through multi-joint explosive training increase strength and neuromuscular stimulation by using a five-week periodized program increase lean muscle tissue learn olympic lifts and explosive movements prepare muscles and connective tissue for more specialized phases