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Inspired Stretch - Block 1 Breaths Pose Description And Names Inhale / Exhale, X5  
Standing Tall, Feet Hip Distance Apart, Arms Alongside Body: Mountain Pose Inhale  
1 / Exhale 1, X 10 (L&R, 5 Each Side) From Standing, Inhale Extend Arms Up  
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DeadliftStand High, Bar On Top, Back To Set. V3Swas4x842/2 DeadliftTip Forward  
Slowly. I Have You4x843/1 DeadliftA A Little Slower. Instr4x84Single DeadrowBack  
Again Run, Down Hold Pull. BrYoull See2x8Transitation To Prepare For CurlsTost  
High, Change Grip. RefAll Itself4x842/2 CurlCurl Slow And Sleek. I'll 2th,  
2024Bodyflow 47 Choreography NotesBodyflow 47 Choreography Notes Its An Hour  
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Because Thats A Les Mills No 5th, 2024Chemical Pump Model 2196 TM PUMP, Inc -  
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