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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
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