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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 Feb 18th, 2024Bodyflow 47 Choreography
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Choreography So You Put The Music On And You Cant
Have Any Notes Out Because Thats A Les Mills No Apr
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