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METHODS FOR DETERMINING CORRECT OVERHEAD POSITION: 1. Eyeball Method Great Method For Large Groups: Athletes Put Barbell Overhead; Coach Looks To See The Barbell Is 8"-12" Above The Athlete's Head. Move Hands Out To Lower Barbell; Move Hands In To ... Apr 2th, 2024.

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MICHAEL M. SMITH, ALLAN J. SOMMER, BROOKE E. STARKOFF, AND STEVEN T. DEVOR
Health And Exercise Science, The Ohio State University, Columbus, Ohio
ABSTRACT
Smith, MM, Sommer, AJ, Starkoff, BE, And Devor, ST. Crossfit-based High-intensity Power Training Improves Maximal Aerobic Feb 9th, 2024.

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