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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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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
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