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(slow)4x8 Transition Prepare For Deadlift Stand High, Bar On Top, Back To Set. V3S was 4x8 42/2 Deadlift Tip Forward Slowly. I Have You 4x8 43/1 Deadlift A A Little Slower. Instr 4x8 4 Single Deadrow Back Again Run, Down Hold Pull. Br You'll See 2x8 Transition To Prepare For Curls Tost High, Change Grip. Ref All Itself 4x8 42/2 Curl Curl Slow And Sleek. I'll Feb 2th, 2024

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