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TGC Classes: Yoga Inspired Stretch - Block 1 Breaths
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
Alongside May 18th, 2024

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(slow) 4x8 Transition Prepare For Deadlift Stand High,
Bar On Top, Back To Set. V3 Swas 4x8 42/2 Deadlift Tip
Forward Slowly. I Have You 4x8 43/1 Deadlift A Little
Slower. Instr 4x8 4 Single Deadrow Back Again Run,
Down Hold Pull. Br Youll See 2x8 Transition To Prepare
For Curls Tost High, Change Grip. Ref All Itself 4x8 42/2
Curl Curl Slow And Sleek. I'll Apr 2th, 2024

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Choreography So You Put The Music On And You Cant
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KITCHEN EQUIPMENT; COFFEE MILLS; SPICE MILLS; ...

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