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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
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(slow)4x8Transitation Prepare For 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
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Music On And You Cant Have Any Notes Out Because Thats A Les Mills No 12th, 2024

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