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Inhale 1 / Exhale 1, X 10 (L&R, 5 Each Side) From Standing, Inhale Extend Arms Up Alongsid Apr 13th, 2024Bodyump  
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V3Swas4x842/2 DeadliftTip Forward Slowly. I Have You4x843/1 DeadliftA A Little Slower. Instr4x84Single DeadrowBack  
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