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INSPIRED ...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 Alongsid Feb 1th, 2024Bodypump

Choreography Notes Pdf - Weebly(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

See2x8Transitation To Prepare For CurlsTost High,

Change Grip. RefAll Itself4x842/2 CurlCurl Slow And

Sleek. I'll Apr 3th, 2024Bodyflow 47 Choreography

NotesBodyflow 47 Choreography Notes Its An Hour Of

Choreography So You Put The Music On And You Cant

Have Any Notes Out Because Thats A Les Mills No Mar

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KITCHEN EQUIPMENT; COFFEE MILLS; SPICE MILLS; ...•

Devices For Gripping, Lifting Or Supporting Above

Devices (pincers, Pads) • Culinary Hand Implements

For Handling Or Supporting Food During

Preparing/cooking/warming. • Making Beverages

Refers To: • Extracting Flavor From Solids By A Liquid:

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