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(slow)4x8Transition 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
See2x8Transition To Prepare For CurlsTost High, Change Grip. RefAll Itself4x842/2
CurlCurl Slow And Sleek. I'll Jan 24th, 2024

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Like A Lot Of The Tracks In This Release. Every Release I Go Onto The Les Mills
Website And Give My Feedback On The “blah” And Two Things I Have About This ...
Music: BodyPump 87 Playlist - Di Hickman No Part Of These Notes May Be Used,
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While Now Although We Received It A Little Bit Late Which Is The Case Most Of The
Time In Jordan I Was Lucky Enough To Experience It Before It Was Launched In Mar
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