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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 Mar 16th, 2024

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