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Width: Barbell Should Be 8" - 12" (20-30cm) Above The Head.
Figure 4 . 3. POSITION: BARBELL POSITION OVERHEAD AND ACTIVE SHOULDERS
METHODS FOR DETERMINING CORRECT OVERHEAD POSITION: 1. Eyeball Method
Great Method For Large Groups: Athletes Put Barbell Overhead; Coach Looks To See
The Barbell Is 8"-12" Above The Athlete's Head. Move Hands Out To Lower Barbell;
Move Hands In To ... Feb 1th, 2024.

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Metabolic Conditioning WOD
Workout Of The Day
MU Muscle Up 5x5 5 Sets Of 5 Reps At The Same Weight
OHS Overhead Squat 5-5-5-5-5 5 Sets Of Increasing The Weight Each Set
Pood Russian Unit Of Weight, Usually For Kettlebells (1 Pood = 16kg Or 35#)
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Form Is Off. The Key To The Tabata Run Is To Keep Your Cadence Incredibly High (110+ Foot Strikes Per

Foot Per Minute). To Calculate This, You Just Multiply By 6 The Number Of Times Either Your Left Or Right Foot Strikes In 10 Seconds. (Or Buy A Tempo Trainer And Try To Hold Your Cadence With The Beat.) Th Mar 4th, 2024.

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