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Olympic Weightlifting And Powerlifting Program Thursday, August 03, 2017. Author Sarah Barron

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Set 1: 10min Z1 Repeat The Following 6x: Set 2: 1min

Z3 Set 3: 1min Z1 Set 4: 8min Z1 Work On Your

Technique During The Pace Variation. Maintain A High

RPM, Stand Tall And Pick Your Knees Up Whether You

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