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METHODS FOR DETERMINING CORRECT OVERHEAD POSITION: 1. Eyeball Method
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The Barbell Is 8"-12" Above The Athlete's Head. Move Hands Out To Lower Barbell;
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Workout Of The Day MU Muscle Up 5x5 5 Sets Of 5 Reps At The Same Weight OHS
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Unit Of Weight, Usually For Kettlebells (1 Pood = 16kg Or 35#) Feb 9th,
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