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1 / Exhale 1, X 10 (L&R, 5 Each Side) From Standing, Inhale Extend Arms Up
Alongside 1th, 2024Bodypump Choreography Notes Pdf -
Weebly(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
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