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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 ... Apr 7th, 2024

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M. SMITH, ALLAN J. SOMMER, BROOKE E. STARKOFF,

AND STEVEN T. DEVOR Health And Exercise Science,

The Ohio State University, Columbus, Ohio ABSTRACT

Smith, MM, Sommer, AJ, Starkoff, BE, And Devor, ST.

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Endurance Training - CrossFit 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.)

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