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For The Russian Kettlebell Swing, For Beginners This Is The Preferred Height For Repetitions You Simply Let The Kettlebell Fall Back Into It's Arc, While You Hold The Bell With Your Extend-ed Arms At All Times, As The Kettlebell Lowers, You Squat Down S 1th, 2024

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Day 5: Today Is A Day Of Rest, So Take It For Yourself! Recover, Reflect, And Relax. Today Is A Day Of Rest. Enjoy: You've Earned It! You Might Be A Little Sore From Yesterday's Workout, But You Shouldn't Have Any Trouble Picking Up The Kids Or Hefting Heavy Gro- 1th, 2024

Bodybuilding.com's Workout Log - Community YMCA

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