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Tall, Feet Hip Distance Apart, Arms Alongside Body:
Mountain Pose Inhale 1 / Exhale 1, X 10 (L&R, 5 Each
Side) From Standing, Inhale Extend Arms Up Alongsid
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DeadliftStand High, Bar On Top, Back To Set.
V3Swas4x842/2 DeadliftTip Forward Slowly. I Have
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DeadrowBack Again Run, Down Hold Pull. BrYoull
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CHOREOGRAPHY: Jim And Adele Chico
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