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Both For Men And Women. Each Workout Is Either
100% Kettlebells, Combined With Bodyweight, Or
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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 ... Jan 6th, 2024

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