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Both For Men And Women. Each Workout Is Either  
100% Kettlebells, Combined With Bodyweight, Or  
Other Equipment. Most Workouts Will Have  
Alternatives And Progressions. I Will List The Weight To  
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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 4th, 2024MASTERS

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MudtownMetcon Metabolic Conditioning WOD Workout Of The Day MU Muscle Up 5x5 5 Sets Of 5 Reps At The Same Weight OHS Overhead Squat 5-5-5-5-5 5 Sets Of Increasing The Weight Each Set Pood Russian Unit Of Weight, Usually For Kettlebells (1 Pood = 16kg Or 35#) Mar 1th, 2024.

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· Push/pull/legs Split Is A Straightforward Training  
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