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TGC Classes: Yoga Inspired Stretch - Block 1 Breaths Pose Description And Names  
Inhale / Exhale, X5 Standing 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 12th, 2024

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(slow)4x8Transitation Prepare For DeadliftStand High, Bar On Top, Back To Set.  
V3Swas4x842/2 DeadliftTip Forward Slowly. I Have You4x843/1 DeadliftA A Little  
Slower. Instr4x84Single DeadrowBack Again Run, Down Hold Pull. BrYoull  
See2x8Transitation To Prepare For CurlsTost High, Change Grip. RefAll Itself4x842/2  
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