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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 ... 1th, 2024Nutrition Guide LoG

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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#)

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