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Convict Conditioning Routine

That You Can Try: Sets A 1 Warmup Arrow 1-2 Convict Conditioning Work 3-5 Minutes Rest Between Sets.ã, 3 Sets With 30 Seconds Of Rest, For Each Muscle Group For The Day, Using A 3-4 Second Negative 3-4 Variation In Each Repetition. (Archer F Jun 9th, 2024

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