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Training Skills , Kindersley Dorling, Mar 1, 2011, Sports & Recreation, 176 Pages. Practical Pocket Guides, For Quick And Easy Reference Any Time, Apr 1th, 2024.

Bodyweight Strength Training - USA

Gymnastics Looping A Large Rubber Band Over An Apparatus In The Gym And Having The Athlete Pull The Rubber Band With The Arms Which In Turn Lightens Their Bodyweight As They Jump. This Will Teach The Athlete To Get Off Of The Ground Quicker. The Holds

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2b. TRX Biceps Curls 3 AMRAP
3a. Jump Split Squats 3 20
3b. Weighted Rear-Foot Elevated Bulgarian Split Squats 3 15
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