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Kettlebell STRONG Chris Lopez Interviews Geoff Neupert

June 25th, 2018 - Kettlebell STRONG Chris Lopez Interviews Geoff Neupert Chris Lopez Interviews Geoff Neupert Skip navigation Kettlebell STRONG Chris Lopez Interviews' 'RdellaTraining com RT 059 Geoff Neupert Discusses

June 21st, 2018 - I m really excited to have Geoff Neupert on this week s show to discuss two big topics I fully recommend Geoff?s Kettlebell Strong DVD and manual'

'kettlebell strong journal day 1 FitAndBusyDad

July 2nd, 2018 - So I?m using my very good friend and coach Geoff Neupert?s Kettlebell STRONG book and program because just like food a lot of the time it just tastes better when someone else cooks it ? provided they know what they?re doing' 'Kettlebells RKC or SFG ? uthinki

July 8th, 2018 - With the latter also taking with him many of the big names in the kettlebell and strength world such as Dan John Dave ?Iron Tamer? Whitley Jon Engum Geoff Neupert and others The exact reason for the split may only ever be truly known to a handful of insiders Yet it was enough to cause a lot of talk amongst the relatively tightly knit''**The Top 5 Kettlebell Workout Mistakes**

July 6th, 2018 - Geoff Neupert CSCS Master RKC Instructor Keep your plan simple one ?grind? kettlebell exercise and one ?ballistic? kettlebell exercise''**Thank You Kettlebell Burn**

June 1st, 2018 - Geoff Neupert CSCS SFG Master Instructor I will NOT rent trade or release your name to any third party for any reason ever I respect YOUR email privacy and hate spam with a passion I respect YOUR email privacy and hate spam with a passion'

'**Six Killer Kettlebell Workouts to Lose Fat and Build**

July 4th, 2018 - The following are some programs that I built using some program design tools I learned from Geoff Neupert former Master SFG and author of Kettlebell Strong and Pavel Tsatsouline Chairman of StrongFirst creator of Plan Strong Methodology and author of Kettlebell Simple and Sinister''**Anyone have a comprehensive kettlebell program they**

June 17th, 2018 - Anyone have a comprehensive kettlebell Geoff Neupert has a pile of programs in Kettlebell I only have it because it came with Geoff s Kettlebell Strong'

'RdellaTraining com RT 059 Geoff Neupert Discusses

June 21st, 2018 - I?m really excited to have Geoff Neupert on this week?s show to discuss two big topics Original Strength and the power of Double Kettlebell Complexes Geoff is an incredibly smart guy and shares his knowledge with specific tips to help us improve our movement mobility and strength'

'Stronger Leaner Faster PDF amp Video

July 14th, 2013 - Stronger Leaner Faster PDF amp Video Master SFG Instructor Geoff Neupert And Get Kettlebell Strong In The Process'

'Week 4 5 6 Kettlebell Muscle program The problem with

July 8th, 2018 - I have not felt this strong and lean since I was in kettlebell training seriously consider the Kettlebell Muscle program by Geoff Neupert'

'kettlebell express Amazon S3

July 12th, 2018 - kettlebell users only because the exercises sequencing and program design is very rigorous So where does that leave the rest of my ?time crunched comrades? who have different'

'**The Top 5 Kettlebell Workout Mistakes**

July 6th, 2018 - Keep your plan simple one ?grind? kettlebell exercise and one ?ballistic? kettlebell exercise Take half your planned workout time and perform your grind say the Get Up Take half your planned workout time and perform your grind say the Get Up''**Kettlebell Burn PDF Free Download Ebook Dataface Inc**

June 27th, 2018 - ?Geoff Just wanted touch base to convey how pleased I am with the purchase of your excellent Kettlebell Burn program I have just finished Phase 1 and have already lost 6 lbs while also experiencing very solid strength and conditioning gains The ?Finishers? segment in week 3 was especially brutal'

'Kettlebell Muscle Geoff Neupert Dragon Door

June 13th, 2018 - Kettlebell Muscle Geoff Neupert Any experiences to share with the Kettlebell Muscle book by Geoff Neupert How long had you been training with kettlebells before tackling the program Did you use 16s or 24s Any relevant information to a prospective buyer would be appreciated''**Geoff Neupert StrongFirst Master Kettlebell Instructor**

July 7th, 2018 - It is making a comeback and the Kettlebell Press is at the forefront ? says Geoff Neupert StrongFirst Master Kettlebell Instructor ?Unfortunately not everyone?s shoulders can tolerate the volume necessary to build a big strong Press That?s why you have to have other strategies ?'

'kettlebell strong journal day 1 FitAndBusyDad

July 2nd, 2018 - Chris Lopez SFGII shares his experiences with getting strong using Geoff Neupert s Kettlebell STRONG book''**Geoff Neupert Mr SGHP**

June 22nd, 2018 - Also check out Geoff Neupert?s new book KETTLEBELL MUSCLE ? The Secrets to Compound Lifting I have been able to see a taste of the book when Nikki and I were test subjects for Geoff and it is a terrific strength and conditioning workout'

'Mobile Kettlebell Strength Home Facebook

June 2nd, 2018 - Mobile Kettlebell Strength 26 Here is a video from one round of one session from my friend Geoff Neupert s Kettlebell A strong and stable core is'

'The 12 Week Muscle Building Kettlebell Master Plan

April 26th, 2017 - The 12 Week Muscle Building Kettlebell Master Plan the kettlebell lends itself to a simple Geoff Neupert''**Team Original Strength**

July 3rd, 2018 - Geoff Neupert Co Founder Geoff has worked in the health and fitness books including Kettlebell Strong to help the world regain it?s Original Strength'

'ultra short strong pdf Kettlebell Physical Exercise

January 14th, 2002 - Short workouts better to get strong by aberto75 in geoff neupert'

'Kettlebell Burn ? My Review Mr SGHP

July 11th, 2018 - Hello everyone out there Hope all of you are doing well in your lives My wife and I purchased Master RKC Geoff Neupert?s Kettlebell Burn a few months ago and just finished up Phase I 10 days ago I would like to provide all of you my opinion of it and provide you some of my results'

'The BIG 6 by Geoff Neupert Master KB instructor kettlebell

July 11th, 2018 - Geoff Neupert co founder of Original Strength has put together his swan song for Kettlebell instruction Former RKC and SFG Master instructor his BIG 6 VIDEO series goes over the form and corrections of the BIG 6 KB movements'

'Top Four Kettlebell Training Books Hardstyle Kettlebell

July 9th, 2018 - 2 Kettlebell Strong by Geoff Neupert The title says it all Your complete guide to becoming strong with two kettlebells Your complete guide to becoming strong with two kettlebells''**Geoff Neupert Kettlebell Burn Extreme Reloaded Dieting**

July 14th, 2018 - RELOADED Geoff Neupert we?re talking almost 15 years ago or more And I was intrigued as I went back and looked at the early reports of kettlebell users or at least early ?kettlebell revolution? users 4 takes the concept of the Neuro Metabolic Contrasts to the proverbial ?next level And one of the common themes was not the'

'Chasing Strength

July 13th, 2018 - Real life results from 20 years of strength training including kettlebell training Olympic lifting and all around heavy lifting by Geoff Neupert a veteran'

'Kettlebell STRONG QnA kettlebellworkouts com

September 5th, 2013 - The response has been pretty awesome for upcoming Kettlebell STRONG release for KettlebellWorkouts com readers If you haven t already ENTER HERE to win your Copy of Kettlebell STRONG ? contest closes soon Late last night I got on Google Hangouts with Geoff Neupert and we tackled some of the'

'Geoff Neupert ? Reflexive Strength Original Strength

July 13th, 2013 - My name is Geoff Neupert And I love strength and it?s display in all forms You could say I?m obsessed with it I have been ?chasing strength? since I was hanging from my clothesline at age 3 trying to do pull ups I believe everybody should be and can be as strong as they want to be''**Geoff Neupert Kettlebell Burn Extreme Reloaded Dieting**

July 14th, 2018 - Documents Similar To Geoff Neupert Kettlebell Burn Extreme Reloaded Skip carousel carousel previous carousel next ultra short strong pdf uploaded by aberto75'

'Geoff Neupert Author at StrongFirst

July 10th, 2018 - Author Geoff Neupert Geoff Neupert ULTRA and Kettlebell STRONG StrongFirst SFG Kettlebell Certification Prep Guide'

'Geoff neupert kettlebell muscle pdf downloadfreefilesnow net

June 30th, 2018 - Geoff neupert kettlebell muscle pdf Geoff neupert kettlebell muscle pdf I did much the same with a few variations Double KB snatches are not worth it to me nor are double KB swings'

'Geoff Neuperts ?One Program? ? FitStrong Brisbane

June 26th, 2018 - The One Program by Geoff Neupert Swinging a kettlebell is one of the most beneficial yet exhausting exercises I know and it s easy to get slack wait an extra 30 seconds or get distracted finding your favourite tune to get your spirits ups in between sets For this reason programming your swings is a valuable tool?'

'3 BIG Double Kettlebell Mistakes

December 11th, 2014 - Chris Lopez SFGII shows you 3 big double kettlebell mistakes and how to fix then NOTHING will be Geoff Neupert s Kettlebell Strong gt Get Geoff Neupert s''**Kb Strong from Geoff Neupert for RossTraining com**

June 18th, 2018 - Because I dont have much room to workout and still want to become stronger I tried Kettlebell Strong from Geof Neupert Its a realy simple programm wereby you need two kettlebells and do only clean amp press'

'Alexandria Kettlebell and Functional Fitness Home Facebook

June 29th, 2018 - Alexandria Kettlebell and Functional Fitness aims to provide you with top notch Who s checked out Geoff Neupert s new Kettlebell Strong''**Top Four Kettlebell Training Books Hardstyle Kettlebell**

July 9th, 2018 - Here are the top four kettlebell training books of all time Searching for some great training books 2 Kettlebell Strong by Geoff Neupert The title says it all'

'Amazon com Geoff Neupert Books Biography Blog

July 13th, 2018 - Visit Amazon com s Geoff Neupert Page and shop for all Geoff Neupert books Check out pictures bibliography and biography of Geoff Neupert'

'What is Strong First and Russian style training FORM IS

July 3rd, 2018 - Explanation of Russian SFG Hardstyle Training by Master SFG Geoff Neupert Strong First is a Russian 'hard style' of kettlebell training born in the military special operations community of the former Soviet Union'

'Kb Strong from Geoff Neupert for RossTraining com

June 18th, 2018 - Because I dont have much room to workout and still want to become stronger I tried Kettlebell Strong from Geof Neupert Its a really simple programm wereby you need two kettlebells and do only clean amp press'

'Alexandria Kettlebell and Functional Fitness Home Facebook

June 29th, 2018 - Don t miss out on Geoff Neupert s Kettlebell Strong workshop Early Bird registration is now open Get in while you can because this event WILL sell out Early Bird registration is now open Get in while you can because this event WILL sell out'

'Chasing Strength

July 13th, 2018 - Real life results from 20 years of strength training including kettlebell training Olympic lifting and all around heavy lifting by Geoff Neupert a veteran'

'Geoff Neupert YouTube

June 27th, 2018 - Learn the secrets to getting the fastest results possible with kettlebell training'

'Turn Your KB Strength Program Into a Fat Loss Program

August 12th, 2014 - Today s article is a guest post by my good friend coach and spiritual mentor Master Kettlebell Instructor Geoff Neupert I m not one to tell you what to do but you d be smart to read today s article because it will make you question everything you think you know about how to train for fat loss''**Amazon com kettlebell strong**

July 13th, 2018 - 1 16 of 304 results for kettlebell strong Kettlebell Training Fundamentals by Geoff Neupert Currently unavailable 4 2 out of 5 stars 12 Kettlebell'

'Double 40 Kg Kettlebell Clean and Press YouTube

June 15th, 2018 - Results from one of the programs in Geoff Neupert s Kettebell STRONG Went from an ugly shaky double sometimes really ugly triple to six solid reps''**Looking for a kettlebell hypertrophy programme kettlebell**

July 10th, 2018 - Looking for a kettlebell hypertrophy programme I completed a 12 week program by Geoff Neupert called Kettlebell but being strong and functional is even

more''**Geoff Neupert s retirement package again available for**

July 10th, 2018 - The only disappointment for me is it didn t include the Kettlebell Strong book just the videos so you don t get the Strong and One programs that so many people talk about I contacted Geoff and he hooked me up with a printed copy of the Kettlebell Strong book for a decent price though''**6 Killer Double Kettlebell Programs to Incinerate Fat and**

July 4th, 2018 - The following are some Programs that I built using some program design tools I learned from Geoff Neupert former Master SFG and author of Kettlebell Strong and Pavel Tsatsouline Chairman of StrongFirst creator of Plan Strong Methodology and author of Kettlebell Simple and Sinister'

'**Kettlebell Burn by Geoff Neupert Worth it kettlebell**

July 14th, 2018 - Kettlebell Burn by Geoff Neupert Worth it I bought kettlebell strong from Geoff Neupert and I consider that I pretty much wasted my money permalink''**Rifs Blog Kettlebell Muscle**

June 22nd, 2018 - This is why I was so excited to see the title of Master RKC Geoff Neupert s new book Kettlebell MUSCLE strong shoulders arms kettlebell workouts''**Kettlebell Muscle The Secrets of Compound Kettlebell**

July 12th, 2018 - Kettlebell Muscle The Secrets of Compound Kettlebell Lifting Geoff Neupert on Amazon com FREE shipping on qualifying offers Kettlebell Strong''**Geoff Neupert s retirement package again available for**

July 10th, 2018 - You can buy Geoff s Geoff Neupert s retirement package again available for The only disappointment for me is it didn t include the Kettlebell Strong'

'Geoff neupert kettlebell muscle pdf thefilesiwant com

July 5th, 2018 - I think 2x Swings geoff neupert kettlebell muscle pdf the movement and place undue stress on the knees Strong like Pavel says and buffed up Monday clean and presses and front squat double KB s Doubles work is GREAT for complexes and chains as Walter said above Tuesday some hill sprints''**What is Strong First and Russian style training FORM IS**

July 3rd, 2018 - Explanation of Russian SFG Hardstyle Training by Master SFG Geoff Neupert Strong First is a Russian 'hard style' of kettlebell training born in the military special operations community of the former Soviet Union'

'?Mastering The Rack Position? Cloud Object Storage

July 9th, 2018 - ?Mastering The Rack Position? The Key To Success In Double Kettlebell Training Transcript From ?The Summit of Strength ? 2010 By a show of hands how many people here have played around with the double kettlebell lifts So you know yesterday we had these awesome presentations by Jeff in the Tamer and we got to find out what your weak side was and what your stronger side was One of the''**Kettlebell STRONG Chris Lopez Interviews Geoff Neupert**

June 25th, 2018 - Will you lose muscle if you do Intermittent Fasting Brad Pilon Interview Part 2 Duration 5 39 Chris Lopez AlphaDad 20 019 views''**Geoff Neuperts ?One Program? ? FitStrong Brisbane**

June 26th, 2018 - The One Program by Geoff Neupert Swinging a kettlebell is 3 thoughts on ? Geoff Neuperts ?One Program Did you also do the strong programs in his kb''**Kettlebell Muscle The Secrets of Compound Kettlebell**

July 12th, 2018 - Kettlebell Muscle Kettlebell Muscle The Secrets of Compound Kettlebell Lifting for Faster More Efficient Gains in Strength and Power By Geoff Neupert Master RKC CSCS 74 pages 8 5 x 11 paperback How to Open the Door to INTELLIGENT Hypertrophy Training And Build Muscle Mass Fast In the strength and conditioning world?''**Team Original Strength**

July 3rd, 2018 - Geoff Neupert Co Founder Geoff has worked in the health and fitness industry for 20 years in various roles Personal Trainer Division 1 Strength amp Conditioning Coach owner and operator of his own training facilities author and presenter Geoff is one of the nation?s top kettlebell instructors teaching others how to become kettlebell'

'Geoff Neupert`s Big 6 StrongFirst Forum for Strength

January 18th, 2018 - Geoff Neupert rocks all his work is sincerely recommended Click to expand Yes it?s a shame that the original Kettlebell Muscle isn?t available any longer I guess it?s a real loss to the community that Geoff retired from kettlebells'

'Geoff Neupert YouTube

June 19th, 2018 - Learn the secrets to getting the fastest results possible with kettlebell training This is a great way to get strong on the Geoff Neupert subscribed to a''**The 12 Week Muscle Building Kettlebell Master Plan**

April 26th, 2017 - Geoff Neupert CSCS Geoff has been working in the fitness industry since 1993 when he started working in the college gym He tours the US to help people regain strength He tours the US to help people regain strength'

'Kettlebell STRONG QnA kettlebellworkouts com

September 5th, 2013 - The response has been pretty awesome for upcoming Kettlebell STRONG release for KettlebellWorkouts com readers If you haven't already ENTER HERE to win your Copy of Kettlebell STRONG ? contest closes soon Late last night I got on Google Hangouts with Geoff Neupert and we tackled some of the 'Workshops by Day Friday July 13 2018 Dragon Door

July 14th, 2018 - Russian Kettlebell Challenge? RKC? 1 Day Recertification Workshop With Master RKC Geoff Neupert Russian Kettlebell Challenge? RKC? 1 Day Recertification Workshop With Master RKC Geoff Neupert'

'Geoff Neupert ? Reflexive Strength Original Strength

July 13th, 2013 - My name is Geoff Neupert I believe everybody should be and can be as strong as they want to be opened my town's first kettlebell only group fitness studio'

'How To Put On Muscle With Kettlebells Kettlebell Muscle

July 8th, 2018 - I recently interviewed Master kettlebell instructor Geoff Neupert on the Podcast What a great interview How To Put On Muscle With Kettlebells Kettlebell Muscle'

'The BIG 6 by Geoff Neupert Master KB instructor kettlebell

July 11th, 2018 - Geoff Neupert co founder of Original Strength has put together his swan song for Kettlebell instruction Former RKC and SFG Master instructor'

'Kettlebell Muscle Geoff Neupert Dragon Door

June 13th, 2018 - Any experiences to share with the Kettlebell Muscle book by Geoff Neupert How long had you been training with kettlebells before tackling the program'

'Kettlebell Muscle 2x20 kg YouTube

May 27th, 2018 - Kettlebell Muscle 2x20 kg Liljerosso Loading Kettlebell STRONG geoff neupert s 100 kg barbell power snatchx2 Duration' 'Mobile Kettlebell Strength Home Facebook

June 2nd, 2018 - WorkoutWednesday Here is a video from one round of one session from my friend Geoff Neupert s Kettlebell Muscle program you can buy the book on Amazon'

'Geoff Neupert StrongFirst Master Kettlebell Instructor

July 7th, 2018 - It is making a comeback and the Kettlebell Press is at the forefront ? says Geoff Neupert StrongFirst Master Kettlebell Instructor strong Press That's why' 'Geoff Neupert CSCS Profile Page Bodybuilding com

July 10th, 2018 - Geoff has produced a number of popular kettlebell training programs including Kettlebell Burn 2 0 Kettlebell Burn EXTREME Kettlebell Express and Kettlebell STRONG Since 2000 he has logged over 21 500 hours of one on one personal training' 'Rifs Blog Kettlebell Muscle

June 22nd, 2018 - This is why I was so excited to see the title of Master RKC Geoff Neupert s new book Kettlebell MUSCLE As much as we disparage the current methods of bodybuilding in the RKC Pavel s virtual muscle the bottom line is that increasing one s muscle mass as well as their strength has many many real world applications and is vitally'

'Turn Your KB Strength Program Into a Fat Loss Program

August 12th, 2014 - Turn Your KB Strength Program Into a Fat Loss Program by Geoff Neupert Master Kettlebell Instructor Author Kettlebell Strong From Right Geoff Neupert Chris Lopez and some other guy that lifts kettlebells ? As a former competitive Olympic Weightlifter I m not a big fan of high rep anything Which is why my mouth fell open yesterday when I saw a muscle building guru advocate a fat loss'

'Kettlebell Explosion Harness The Power Of The Kettlebell

April 18th, 2018 - Don't try to learn the kettlebell swing by watching it get butchered in your Total Body Strong FYR Geoff Neupert Double Kettlebell Swings Watch The'

'How To Put On Muscle With Kettlebells Kettlebell Muscle

July 8th, 2018 - I recently interviewed Master kettlebell instructor Geoff Neupert on the Podcast What a great interview with lots of knowledge and experience that Geoff shared A really cool guy for sure A really cool guy for sure' 'The Best Kettlebell Progression

June 12th, 2015 - The ?Best? Kettlebell Progression by Geoff Neupert author ?Kettlebell STRONG'

'Free Download Here pdfsdocuments2 com

July 4th, 2018 - Kettlebell Strong Geoff Neupert pdf Free Download Here ?The Double Kettlebell Workout That Almost Killed Me? http getkettlebellstrong com bonus pdf' 'Geoff Neupert CSCS Profile Page Bodybuilding com

July 10th, 2018 - Geoff has been working in the fitness industry since Geoff Neupert has been working in the fitness industry since Kettlebell Express and Kettlebell STRONG'

'Kettlebell Muscle by Geoff Neupert Master RKC CSCS

July 6th, 2018 - Kettlebell Strong DVD is an amazing 2 hour dvd going over all the double KB lifts I highly recommend it It will improve your technique by 10 fold which will make your results that much better DVD is an amazing 2 hour dvd going over all the double KB lifts I highly recommend it It will improve your technique by 10 fold which will make'

'Kettlebell Burn 2 0 Review ? Will Geoff Neupert's Guide Work

June 10th, 2018 - Kettlebell Burn 2 0 is created by Geoff Neupert ? the prestigious Strong First Master instructor Kettlebell Burn 2 0 has been divided into 5 different phases Each phase becomes more demanding on human body and is based on the previous one In addition the scientific principles of ?Overcompensation ? ?Overload ? and ?General' 'New Video Reveals ?Forgotten? Exercise For Improving

July 5th, 2018 - Master Kettlebell Instructor Geoff Neupert Releases New Video Demonstrating Best And Forgotten Assistance Exercise To Increase Kettlebell Pressing Strength Although the old adage is true ?you must press a lot to press a lot ? you don't always have to use the same type of press to increase your kettlebell press strength'

'WIN Your Copy of Geoff Neupert s Kettlebell STRONG Here

September 2nd, 2013 - One of the things that I pride myself in is being transparent with you guys I ll be the first to admit that I don't know everything and that I m constantly learning new things new techniques to make me better and to share with you Well one of the best programs that I ve ever gotten my hands on'

'Week 4 5 6 Kettlebell Muscle program The problem with

July 8th, 2018 - In closing if you want a challenge something to boost your training and are under time constraints then I would seriously consider the Kettlebell Muscle program by Geoff Neupert Stay Strong er Al Posted by Al Rymniak at' 'Searching for Geoff Neupert's Kettlebell Muscle

January 30th, 2018 - The Kettlebell Strong package focuses on double kettlebell technique with some programming included The programming has a few variations based around the clean and press the Strong program and a separate conditioning program the One program based on the the double swing'

'About CHASINGSTRENGTH COM

July 4th, 2018 - My name is Geoff Neupert And I love strength and it?s display in all forms You could say I?m obsessed with it I have been ?chasing strength? since I was hanging from my clothesline at age 3 trying to do pull ups'

'Sanyi edzésnaplója Geoff Neupert parittyá blogspot com

June 25th, 2018 - Az alábbi oldalon összegy?jtöttem az általam látogatott blogokból a Geoff Neupert Kettlebell Muscle programjára vonatkozó infómorzsákat A könyv nincs meg de ha meg is lenne a nyelvi nehézségek miatt akkor is csak a képeket tudnám benne nézegetni'

'Amazon com kettlebell strong

July 13th, 2018 - 1 16 of 304 results for kettlebell strong Kettlebell Training Fundamentals Achieve Pain Free Kettlebell Training and Build a Strong Foundation to Become a Professional Kettlebell Trainer or Enthusiast'

'SFGPrepGuide pdf Kettlebell Physical Fitness

July 9th, 2018 - SFG Kettlebell Instructor Certifications are taught by a highly experienced cadre personally trained by Pavel Page 5 ? Learn the skills SFG Kettlebell Instructor Level I Certification Weekend long SFG Level I Certifications offer renowned curricula ? constantly refined'

'Kettlebell Muscle A Kettlebells article from Dragon Door

August 9th, 2010 - This is why I was so excited to see the title of Master RKC Geoff Neupert s new book Kettlebell MUSCLE As much as we disparage the current methods of bodybuilding in the RKC Pavel s virtual muscle the bottom line is that increasing one s muscle mass as well as their strength has many many real world applications and is vitally''Double 40 Kg Kettlebell Clean and Press YouTube

June 15th, 2018 - Results from one of the programs in Geoff Neupert s Kettebell STRONG Went from an ugly shaky double sometimes really ugly triple to six solid reps I r'

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