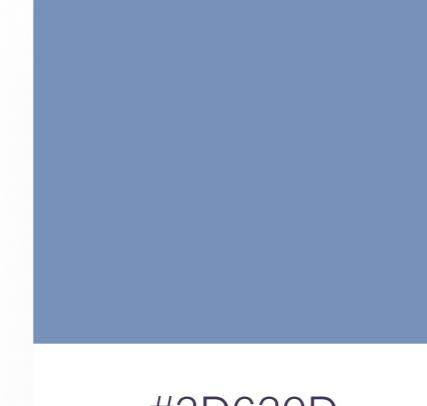




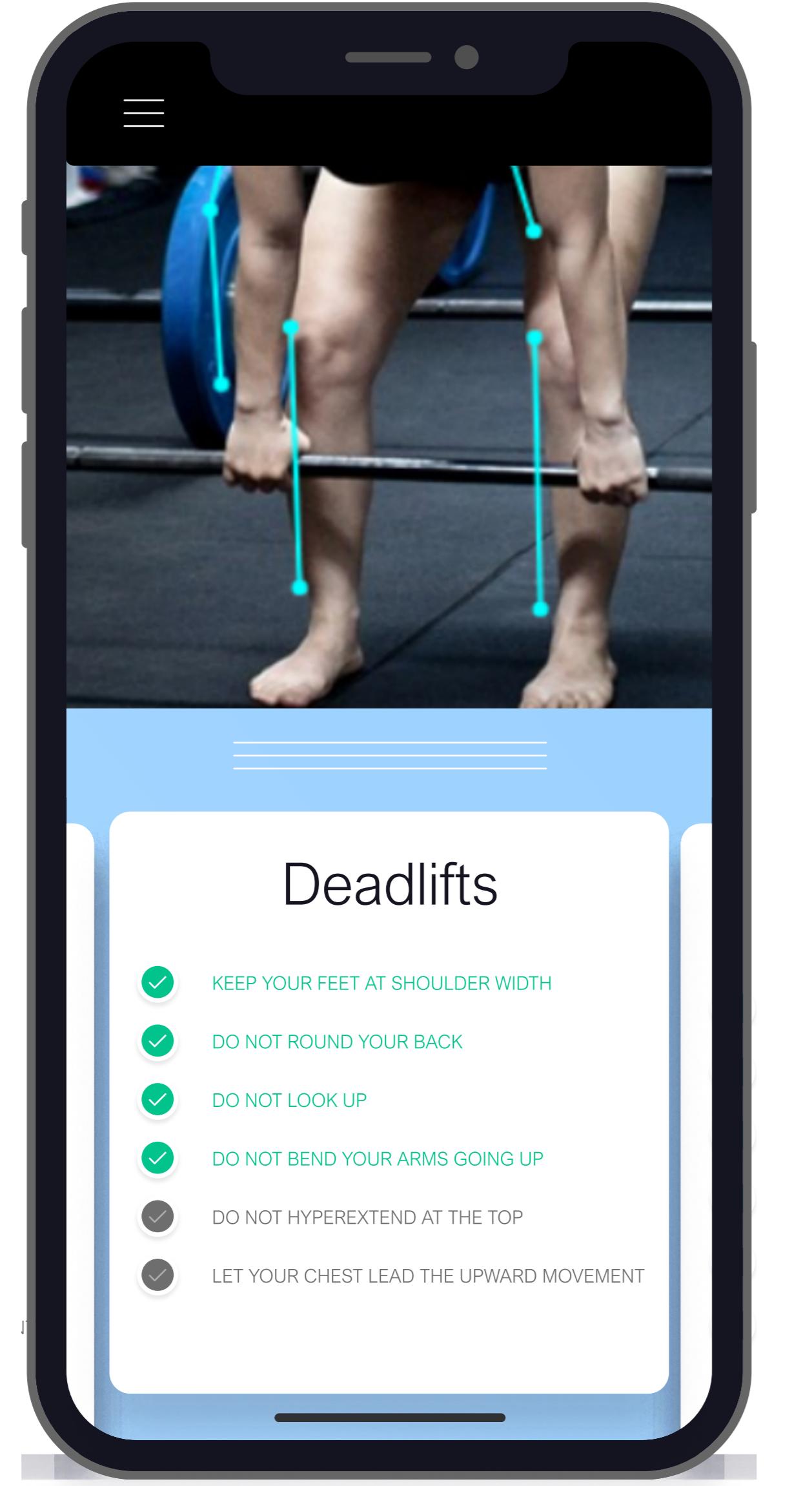
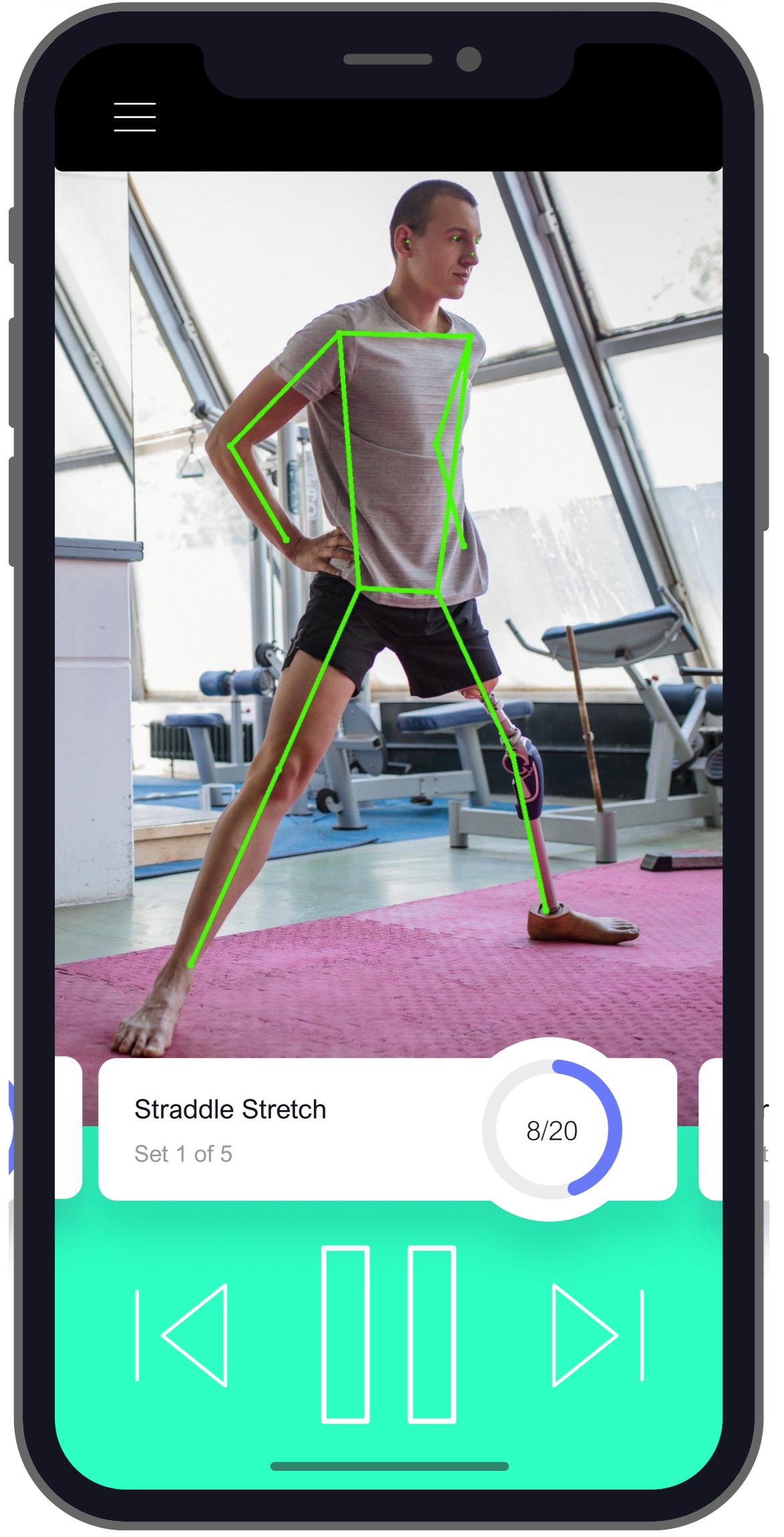
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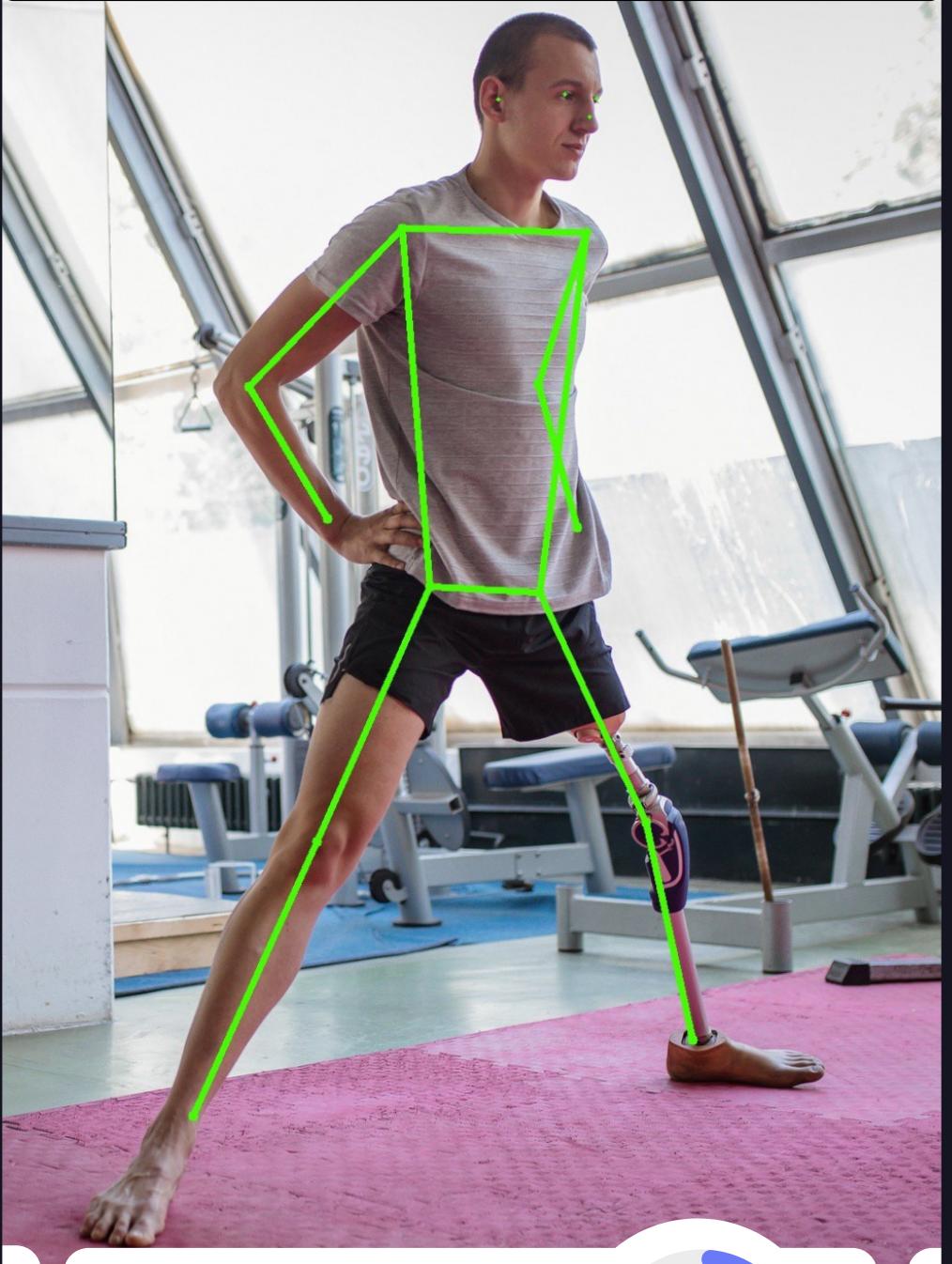


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✓ APPROVED

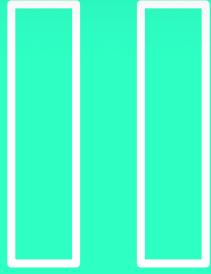


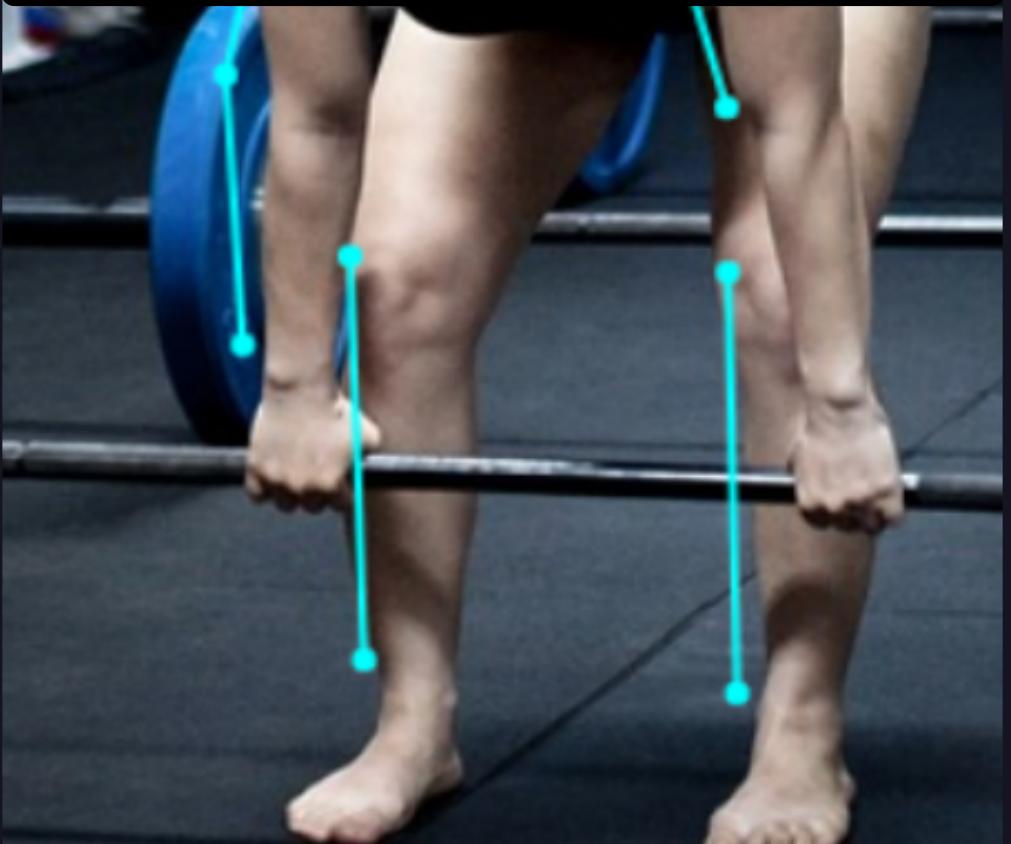


Straddle Stretch

Set 1 of 5

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Deadlifts

- ✓ KEEP YOUR FEET AT SHOULDER WIDTH
- ✓ DO NOT ROUND YOUR BACK
- ✓ DO NOT LOOK UP
- ✓ DO NOT BEND YOUR ARMS GOING UP
- ✓ DO NOT HYPEREXTEND AT THE TOP
- ✓ LET YOUR CHEST LEAD THE UPWARD MOVEMENT