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Page 3 Of 19 EMSA 030117 Medicine For Special Operations First Responder Are Provided By A Licensed Physician In Coordination With The Local EMS Agency As Part Of An Established EMS System. Feb 2th, 2024

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The Barbell, King Of The Weight Room Part I

Rest For 2-3 Minutes And Repeat The Circuit 2-3 Times. The Load On The Barbell Should Correspond To Your Weakest Exercise. For Instance, If You're Not Able To Do More Than 95 Lbs For 10 Reps For The Barbell Curl, This Is The Weight To Be Used The Entire Circuit. Barbell "LandMine" Workout Jan 3th, 2024

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