

**the powerful, 4 day, strength, power and muscle building split** - © 2008 <http://undergroundstrengthcoach.com>  
6 2a) double kb front squat 3 x 6 " 8 reps 2b) double kb swings 3 x 6 " 8 reps 3a) recline rope or ring rows 3 x max reps **group fitness classes effective january 2, 2019** - aerobics athletic conditioning a variety of techniques and equip-ment are incorporated to keep things interesting and challenging for your body.

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