

York Barbell Workout Manual

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York Barbell and Dumbbell Training Courses. October 14, 2009. Goose Step With Barbell 10. Supine Press. York Course No. 3 (The Repetition Weightlifting Course)

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Sets: 5 Reps: 5 Rest: 90 sec. Start with the barbell on the supports of a power rack at about shoulder height. Grab the bar overhand and raise your elbows until your

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### **York barbell - official site**

Manufacturer of barbells, dumbbells, and fitness machines. York, PA, US.