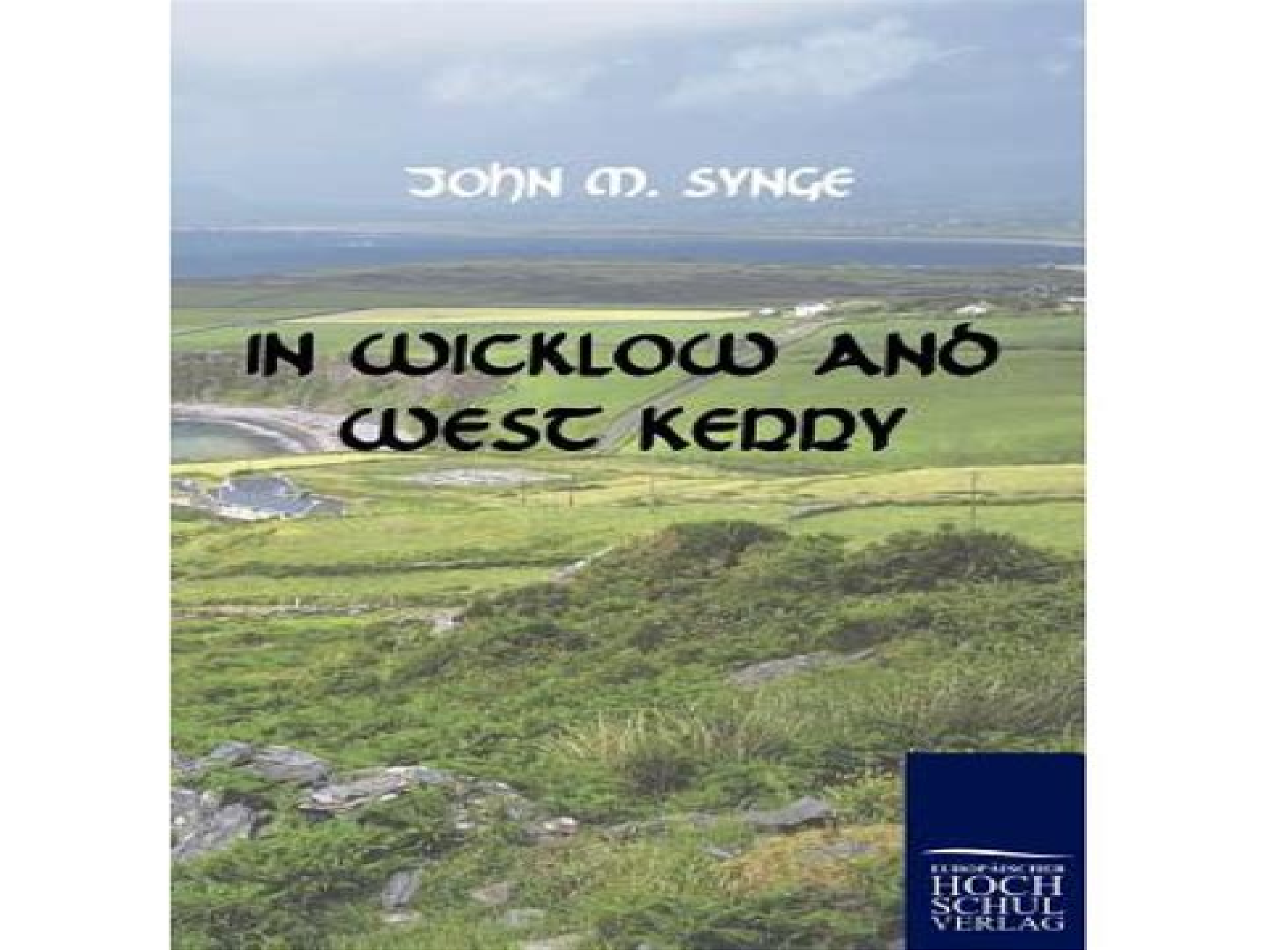




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web jun 3 2020 do you target different disciplines on different days yes monday tuesday thursday and friday are full days

and on wednesday and saturday i only train in the morning it s pretty complex

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web jan 29 2013 below is a complete workout for jumpers that will increase your jumping height there are three phases off

season pre season and in season and two versions one for high school athletes and