

Repost @yoga.on.main with @get_repost ??? If you wouldn't say

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INSTAGRAM

@yoga.on.main United States, Philadelphia

Another video from my club work the other day. Two-Handed 180 Degree Pullovers and Shield Casts, my first set of each for the day. Trying to build out strength ...

0	0	0	0.00%	0/100
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