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power, the density and the training of Dorian, is it very Prevention tip : Rotater Cuff  
youthful symmetry all take a hit. effective? Or only for people who Warm Up - 2 sets of 12 reps, rest  
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more reps forced for him, its 06:08:00 GMT Dorian Yates warm up sets of 10-12 reps, 1  
going to do some serious damage. blood & guts training opinions? : working set of 6-8 reps to failure,  
The question is, What dorian Fitness - Dorian Yates workout desired weight (1 min rest  
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