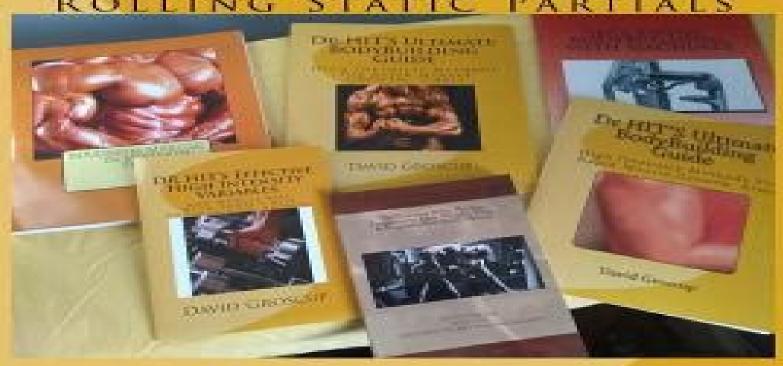
# ADVANCED HIGH INTENSITY TRAINING VARIABLES

REPS. PARTIALS. SUPER-X AND ROLLING STATIC PARTIALS



DAVID GROSCUP

# **Advanced High Intensity Training Variables**

**David Groscup** 

### **Advanced High Intensity Training Variables:**

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