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Basics 8:

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(Muscle Movement)

How To Start

Calisthenics at Home
for Beginners (No

Equipment) ~~Chapter 1:~~

Biomechanics

Introduction

*Biomechanics Moment
of Force Torque How*

~~To Grow Wider/Thicker~~

~~Biceps | Brachialis~~

Exercises

Joint Motion ? How we
use torque in our body ||

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By: Kinesiology Kris

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What does

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meaning, definition

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analysis Agonists and

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Types **Length Tension**
Curve. Muscle Tension
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~~Joint) [Biceps Force,~~
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