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A few weeks ago, I was scrolling through my Instagram. I was consuming my feed with eyes wide shut until I got slapped in the face with a video from John Meadows. He was doing y-pulls on a TRX

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suspension trainer. It looked as though he had four rear deltoids in each of his arms. Prior to this video, I hadn't given the TRX much credit. I knew they existed and had seen some ads on them, but ...

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