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each hand take three seconds to press  
one weight up and then do the same for  
the other arm lower the first arm while  
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bend over at the hips so your torso is about parallel to the floor keep your lower back arched take three seconds to raise the weights out 90 degrees to see more  
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not to interfere with the fat burning process a cool down portion

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okay but how does lactic acid increase the production of growth hormone i m glad you asked well okay

technically i asked but you get the point as lactic acid metabolites begin to flood

the bloodstream this increases the overall acidity makes sense it s called lactic acid after all of the extracellular see more

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