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Stand with your feet shoulder width apart and a kettlebell held in front of your chest with both hands. Start by bending your knees and sitting back with your hips. Go down as far as you can and then reverse the motion back to the starting position. Keep your head up and back straight throughout the move.

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Work your core and upper body with this versatile power tower. The multi-grip pull up bar allows you to complete a variety of pull up and chin up variations, while the VKR (Vertical Knee Raise) pad and grips let you work your core with knee and leg raises. The push up handles at the base allow a broader range of motion, and protect your wrists to help you get even better results.

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