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Everybody's Time **Pavel Tsatsouline**
Interview (Full Episode) | The Tim
Ferriss Show (Podcast)

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"I follow the Pavel Tsatsouline protocol," Rogan said. "Where say if I can do 10 reps of something, I never

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do 10. I do five. "If I'm doing something heavy. Like if I'm doing 90lbs clean press squats ...

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