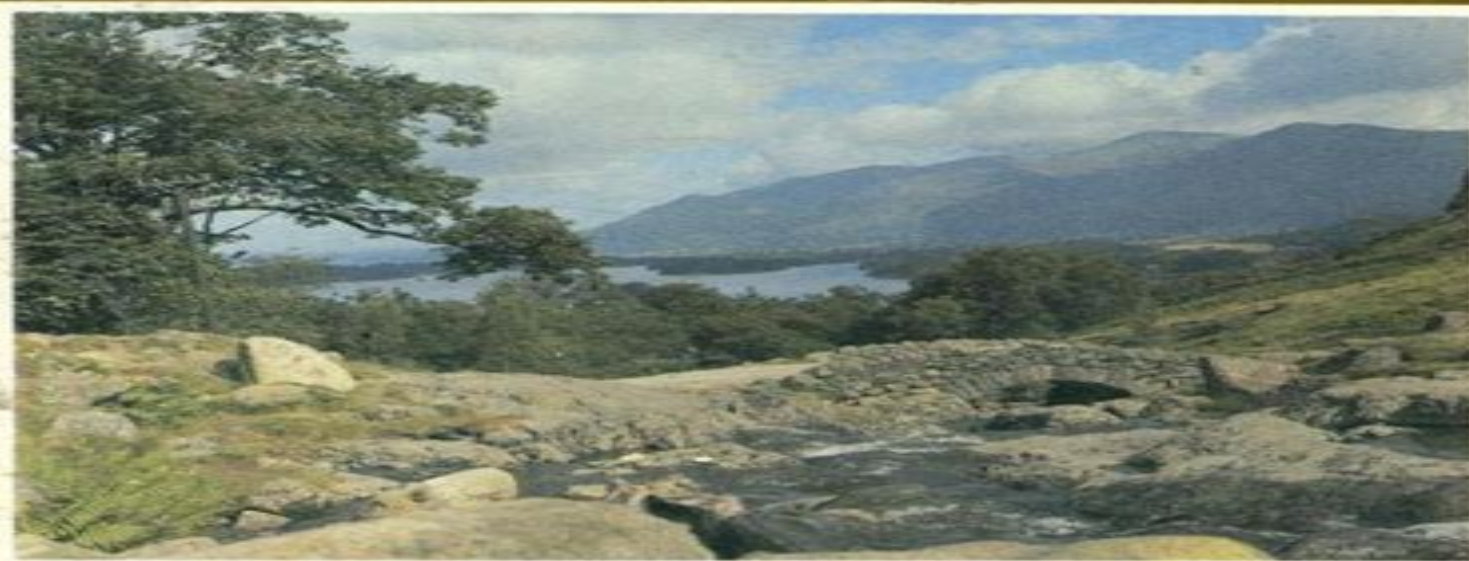




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you should at least be able to lift your legs and hang use an underhand grip which should naturally place you with the correct width pull your shoulders back this should cause your chest to stick out slightly

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