

Transformation 3 Tip of the Week #12: One-Arm Hammer Rows- Mickey Style!

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Transformation3TipWeek12

```
var so = new SWFObject('http://transform.musculardevelopment.com/videos/embed/mediaplayer.swf','mpl','640','480','3');
so.addParam('allowscriptaccess','always');
so.addParam('allowfullscreen','true');
so.addVariable('height','480');
so.addVariable('width','640');
so.addVariable('file','http://transform.musculardevelopment.com/images/stories/videos/Transformation3TipWeek12.flv');
so.addVariable('image','http://transform.musculardevelopment.com/images/stories/videos/Transformation3TipWeek12.jpg');
so.write('player');
```