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"Ben" Pakulski (born March 18, 1981, Toronto, Ontario, Canada), nicknamed the Pak-Man, is an IFBB professional bodybuilder and winner of the 2008 Mr. Canada competition. In the IFBB, he finished 2nd twice in

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2008. He has increased his standing in the

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additional half rep - this equals 1 rep of the protocol, repeat 9 times more times. The 1/2 rep is typically performed following the eccentric (lowering or 'negative') portion of the rep.

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