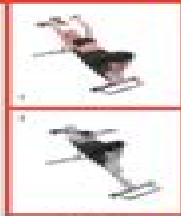


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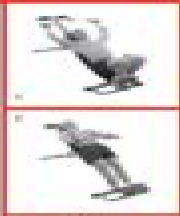
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Cardio Pull



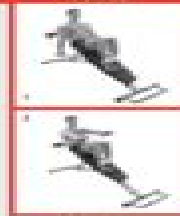
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Abdominal Crunch



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Front Deltoid Raise



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Glute Stretch



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Hip Adduction



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Squat



MOVES
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Hurdle Stretch



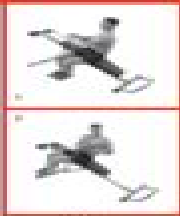
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Kneeling Kickback



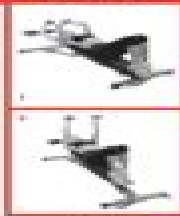
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Outside Twist



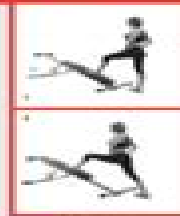
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Twisting Extension



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Lunge



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One Leg Squat



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Pull Up



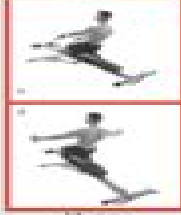
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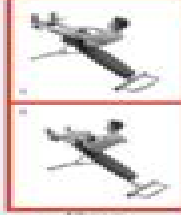
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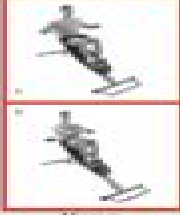
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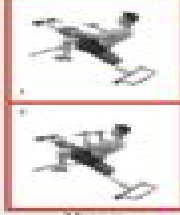
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Seated Bench Press



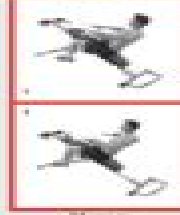
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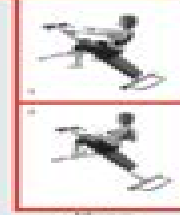
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Seated Row Pull



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Seated Row



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Side Bend



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Twisting Squat



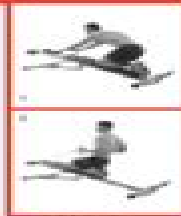
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Stretcher



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Side Pull



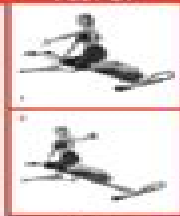
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Crossover Pull Feet Down



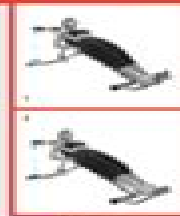
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Crossover Pull Feet Up



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Toe Raise

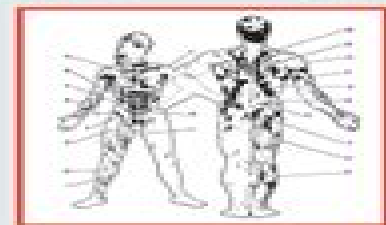


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