

ALTERNATING LATERAL LUNGES

x

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6

I

8

R

6

C

8

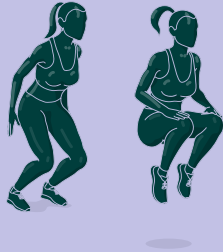
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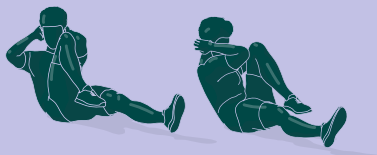
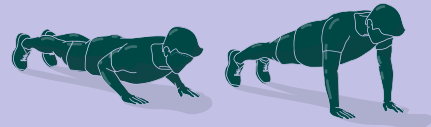


x

TUCK JUMPS

PUSH-UPS

x

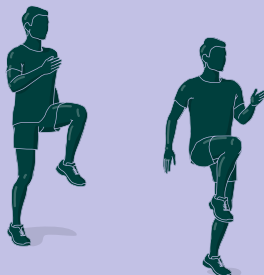


x

CROSS CRUNCHES

SQUATS

x



x

HIGH KNEES