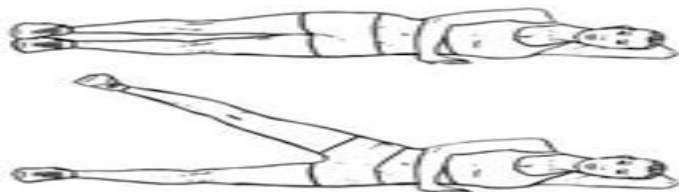


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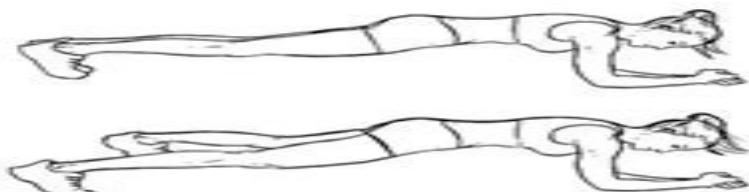
Lying Side Leg Lifts

2 sets - 15 reps



Single Leg Hip Raises

2 sets - 15 reps



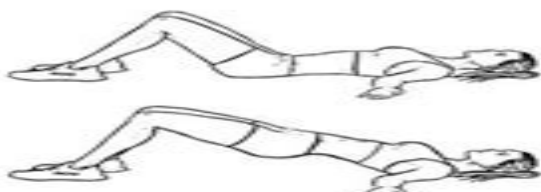
Plank Jacks

2 sets - 15 reps



Inchworms

2 sets - 15 reps



Hip Raises

2 sets - 15 reps



Adductor Knee Raises

2 sets - 15 reps

...and 3 more exercises

WL

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Jin-Ying Zhang



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