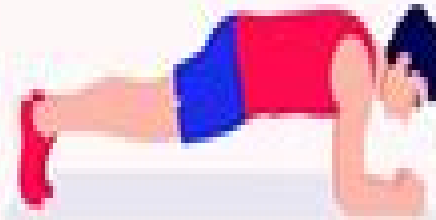


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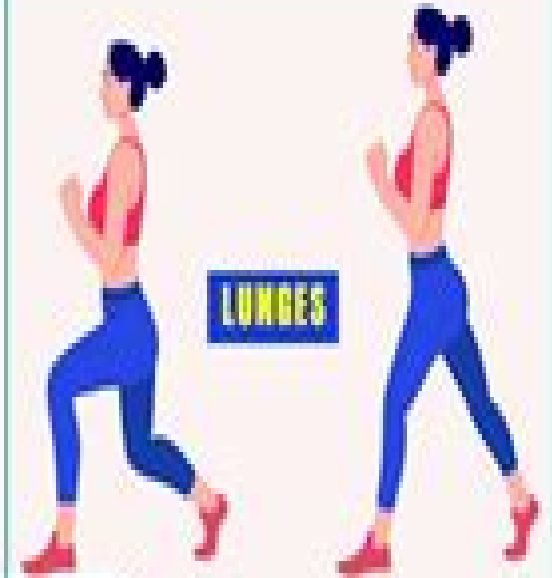
FOREARM PLANK



Push-Up



LUNGES

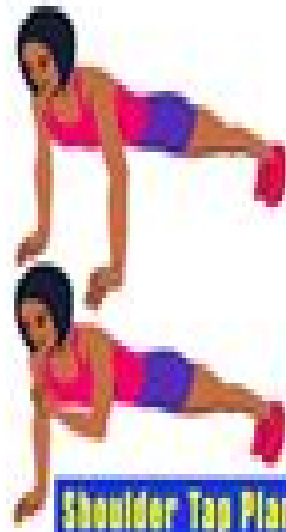


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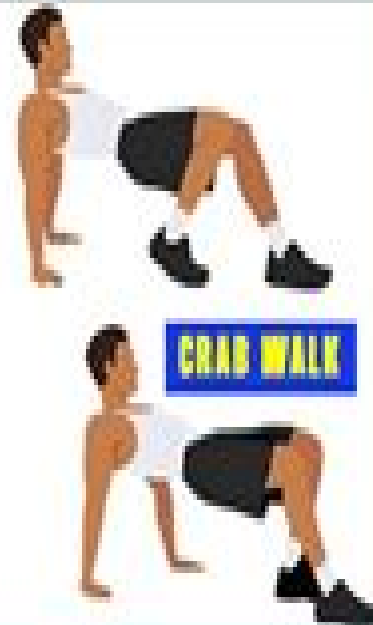
GLUTE BRIDGE



Shoulder Tap Plank



CRAB WALK



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