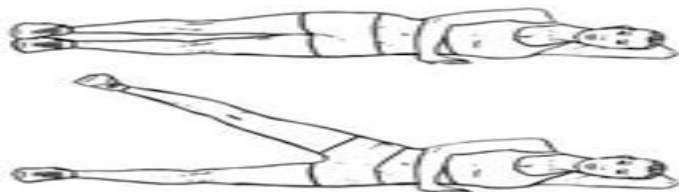


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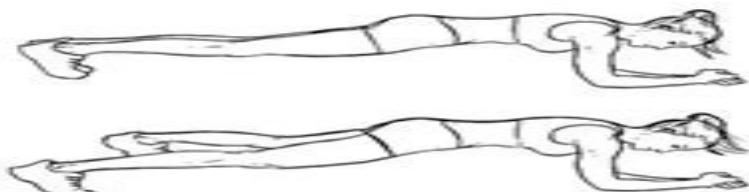
**Lying Side Leg Lifts**

2 sets - 15 reps



**Single Leg Hip Raises**

2 sets - 15 reps



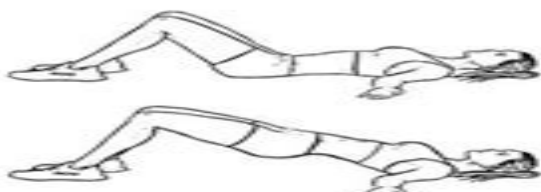
**Plank Jacks**

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



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**VM Jensen**



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