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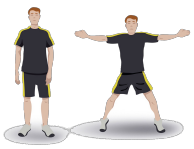
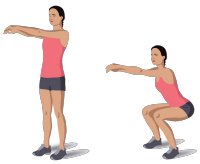
Jumping Ts

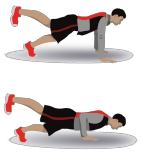


Side Plank

Squat



Raised Legs Push Ups



Sit Ups

Reverse Abdominal Curl

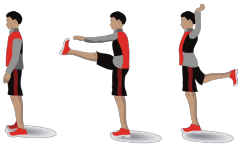
Plank

High Knee Sprints

Lunges

Kick Backs

Leg Lifts



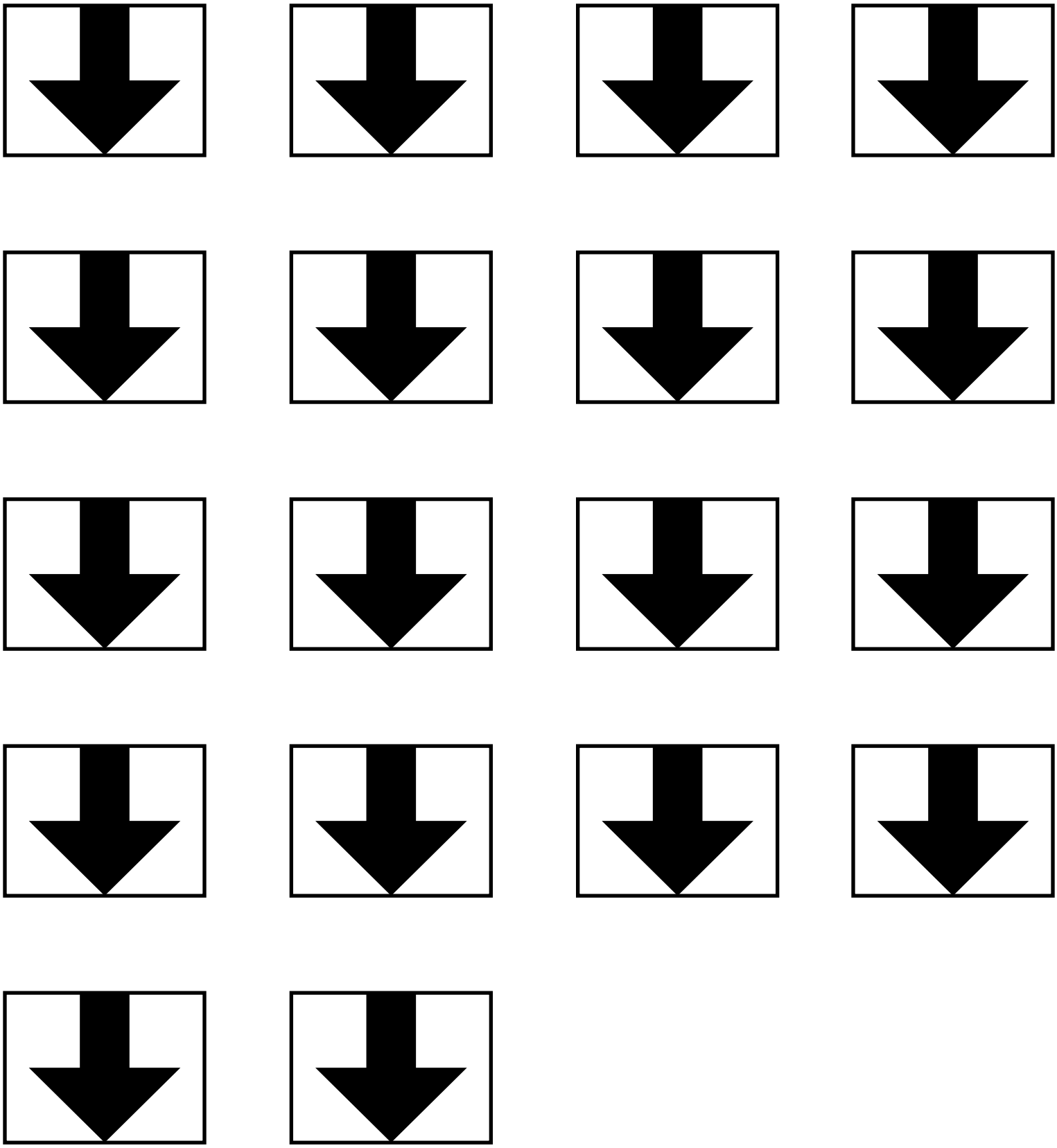
Hip Adduction

Press Ups

Knee Lifts

Calf Raises

Bridge

Flutter Kicks

Squat Jumps