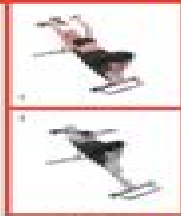


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Arm Pullover



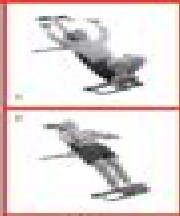
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Butterfly



MOVES
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Cardio Pull



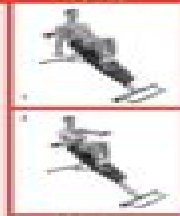
MOVES
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Abdominal Crunch



MOVES
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Front Deltoid Raise



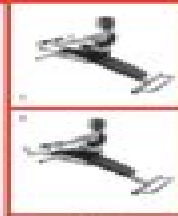
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Glute Stretch



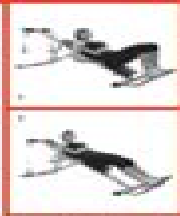
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Hip Adduction



MOVES
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Squat



MOVES
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Hurdle Stretch



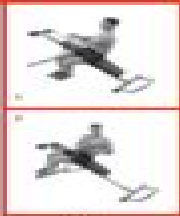
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Kneeling Kickback



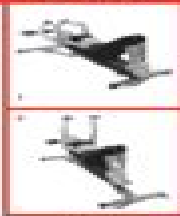
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Outside Twist



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Twelve Extension



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Lunge



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One Leg Squat



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Pull Up



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Footy Air Crunch



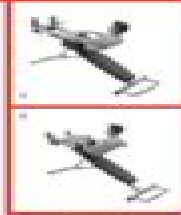
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Rear Deltoid Raise



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Rowing



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Seated Bench Press



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Seated Curl



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Seated Row Pull



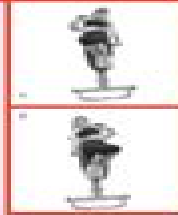
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Side Bend



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Twisting Squat



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Stretcher



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Side Pull



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Crossover Pull Feet Down



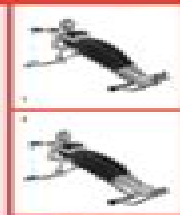
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Crossover Pull Feet Up



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Toe Raise

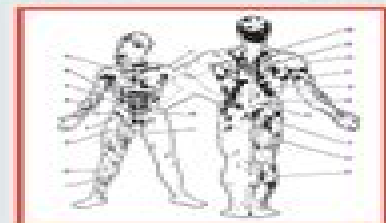


MOVES
1 2

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