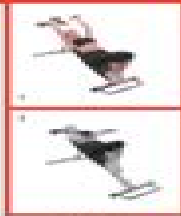


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Arm Pullover



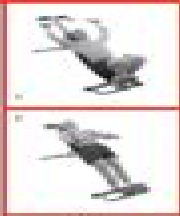
MOVES
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Butterfly



MOVES
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Cardio Pull



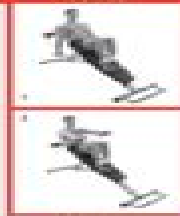
MOVES
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Abdominal Crunch



MOVES
1 2

Front Deltoid Raise



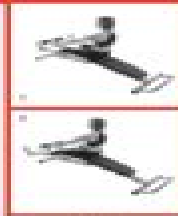
MOVES
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Groin Stretch



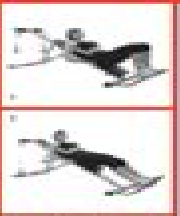
MOVES
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Hip Abduction



MOVES
1 2

Squat



MOVES
1 2

Hurdle Stretch



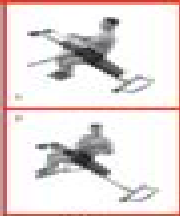
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Kneeling Kickback



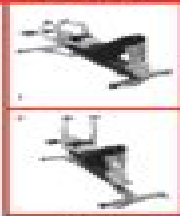
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Outside Twist



MOVES
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Twisting Extension



MOVES
1 2

Lunge



MOVES
1 2

One Leg Squat



MOVES
1 2

Pull Up



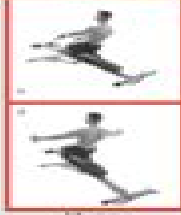
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Footy Air Crunch



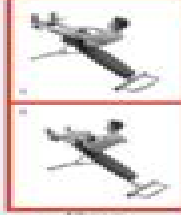
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Rear Deltoid Raise



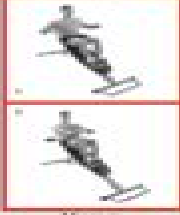
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Rowing



MOVES
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Seated Bench Press



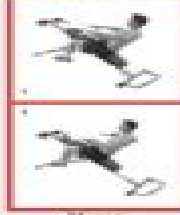
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Seated Curl



MOVES
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Seated Row Pull



MOVES
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Seated Row



MOVES
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Side Bend



MOVES
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Twisting Squat



MOVES
1 2

Stretcher



MOVES
1 2

Side Pull



MOVES
1 2

Crossover Pull Feet Down



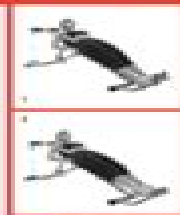
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Crossover Pull Feet Up



MOVES
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Toe Raise

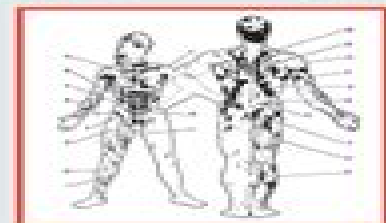


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