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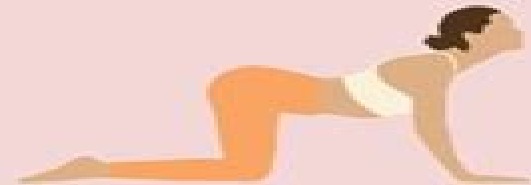
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BREATHING



2. PILATES
BRIDGE



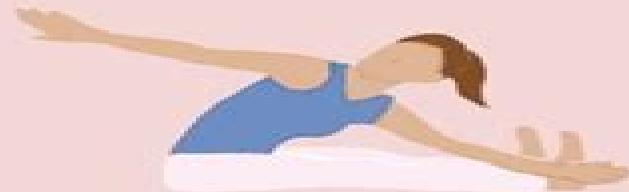
4. PLANK



3. CAT-COW



5. THE
HUNDRED



6. THE SAW

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and between the lower and the median eg red is there thanks to all

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