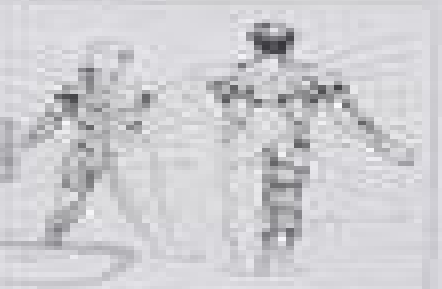


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1. Warm-up
2. Cardio
3. Strength
4. Core
5. Flexibility
6. Cool-down



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