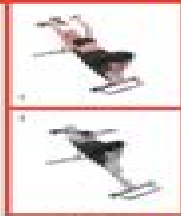


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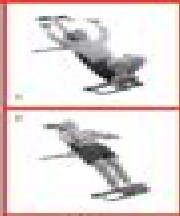
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**Butterfly**



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**Cardio Pull**



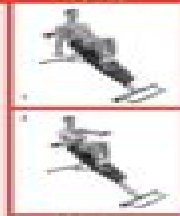
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**Abdominal Crunch**



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**Front Deltoid Raise**



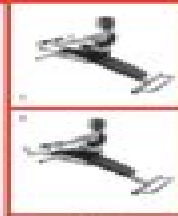
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**Groin Stretch**



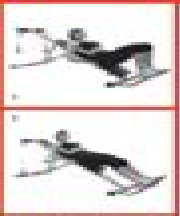
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**Hip Abduction**



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**Squat**



MOVES  
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**Hurdle Stretch**



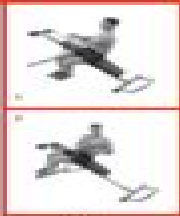
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**Kneeling Kickback**



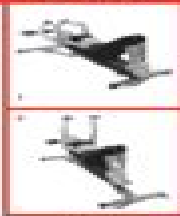
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**Outside Twist**



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**Twisting Extension**



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**Lunge**



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**One Leg Squat**



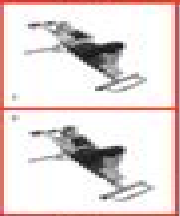
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**Pull Up**



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**Footy Air Crunch**



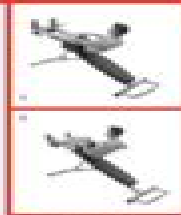
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**Rear Deltoid Raise**



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**Rowing**



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**Seated Bench Press**



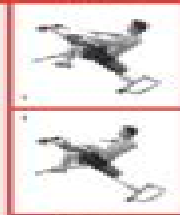
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**Seated Curl**



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**Seated Row Pull**



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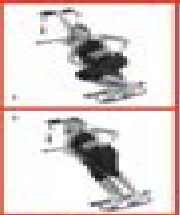
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**Side Bend**



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**Crossover Pull Feet Down**



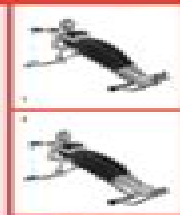
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**Crossover Pull Feet Up**



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**Toe Raise**

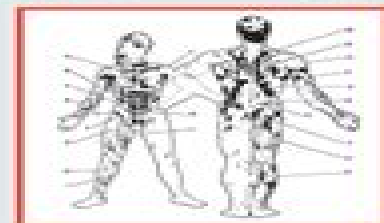


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# Weider The Complete Body Works Workout Guide

**Helen Gurley Brown**



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