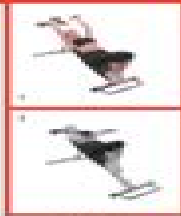


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Arm Pullover



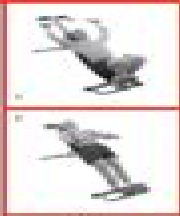
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Butterfly



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Cardio Pull



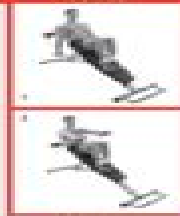
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Abdominal Crunch



MOVES
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Front Deltoid Raise



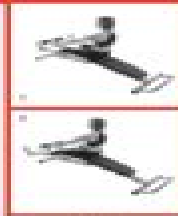
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Groin Stretch



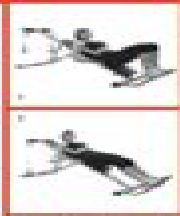
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Hip Adduction



MOVES
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Squat



MOVES
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Hurdle Stretch



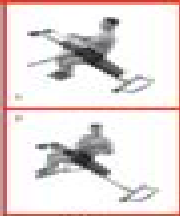
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Kneeling Kickback



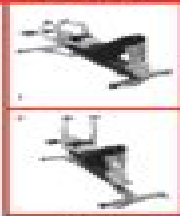
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Outside Twist



MOVES
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Twisting Extension



MOVES
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Lunge



MOVES
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One Leg Squat



MOVES
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Pull Up



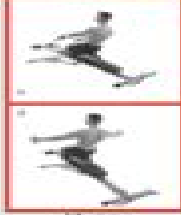
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Footy Air Crunch



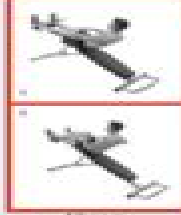
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Rear Deltoid Raise



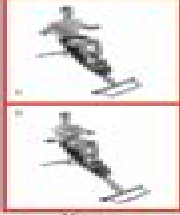
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Rowing



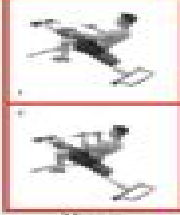
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Seated Bench Press



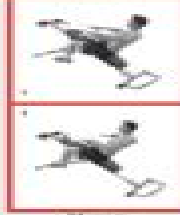
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Seated Curl



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Seated Row Pull



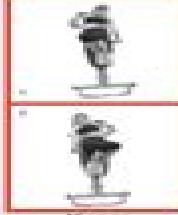
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Seated Row



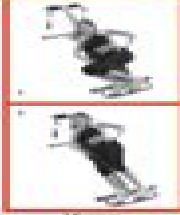
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Side Bend



MOVES
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Twisting Squat



MOVES
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Stretcher



MOVES
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Side Pull



MOVES
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Crossover Pull Feet Down



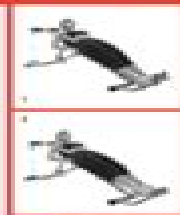
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Crossover Pull Feet Up



MOVES
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Toe Raise

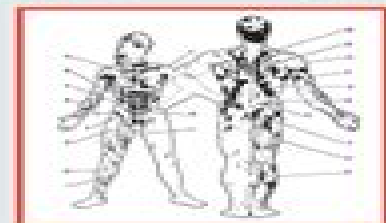


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