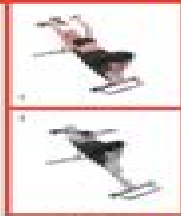


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Arm Pullover



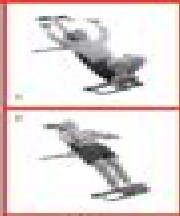
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Butterfly



MOVES
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Cardio Pull



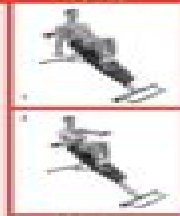
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Abdominal Crunch



MOVES
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Front Deltoid Raise



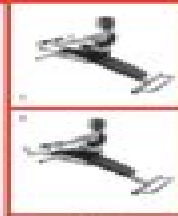
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Glute Stretch



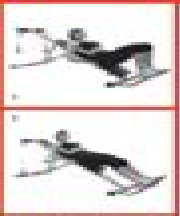
MOVES
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Hip Adduction



MOVES
1 & 2

Squat



MOVES
1 & 2

Hurdle Stretch



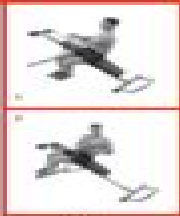
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Kneeling Kickback



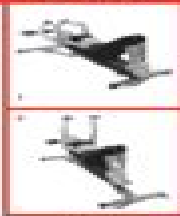
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MOVES
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One Leg Squat



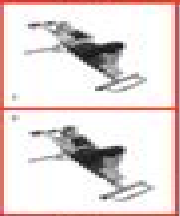
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Pull Up



MOVES
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Footy Air Crunch



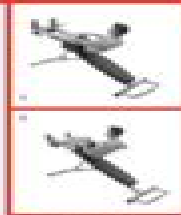
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Rowing



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Seated Bench Press



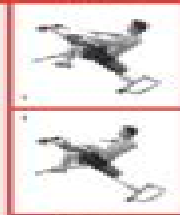
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MOVES
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Seated Row Pull



MOVES
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Seated Row



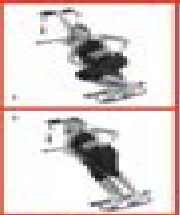
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Side Bend



MOVES
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Twisting Squat



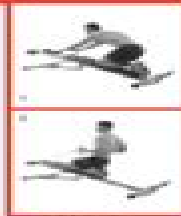
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MOVES
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Side Pull



MOVES
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Crossover Pull Feet Down



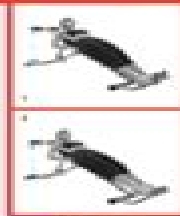
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Crossover Pull Feet Up



MOVES
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Toe Raise

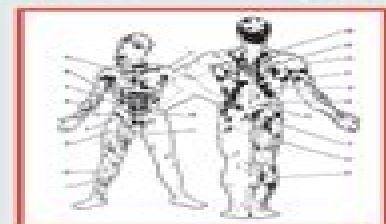


MOVES
1 & 2

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