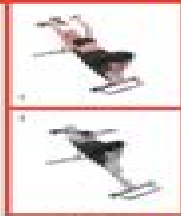


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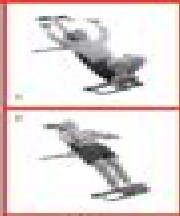
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**Butterfly**



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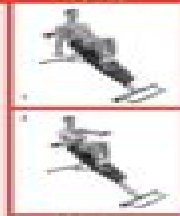
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**Abdominal Crunch**



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**Front Deltoid Raise**



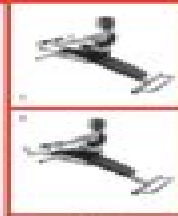
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**Glute Stretch**



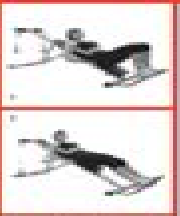
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**Hip Adduction**



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**Squat**



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**Hurdle Stretch**



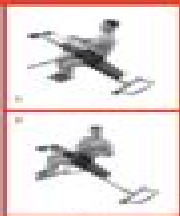
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**Kneeling Kickback**



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**Outside Twist**



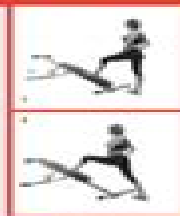
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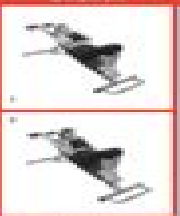
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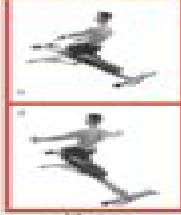
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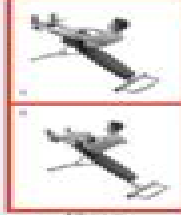
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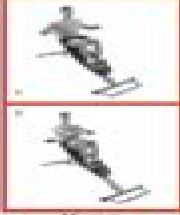
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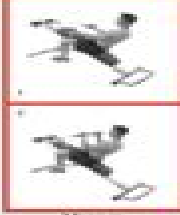
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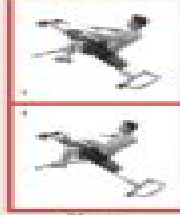
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**Seated Curl**



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**Seated Row Pull**



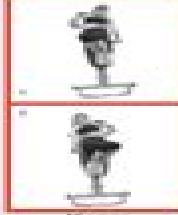
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**Twisting Squat**



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**Stretcher**



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**Side Pull**



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**Crossover Pull Feet Down**



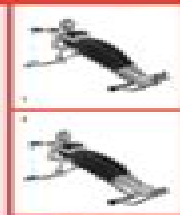
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**Crossover Pull Feet Up**



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**Toe Raise**

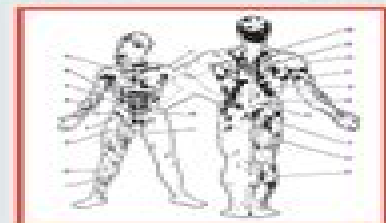


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**SA Adler**



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