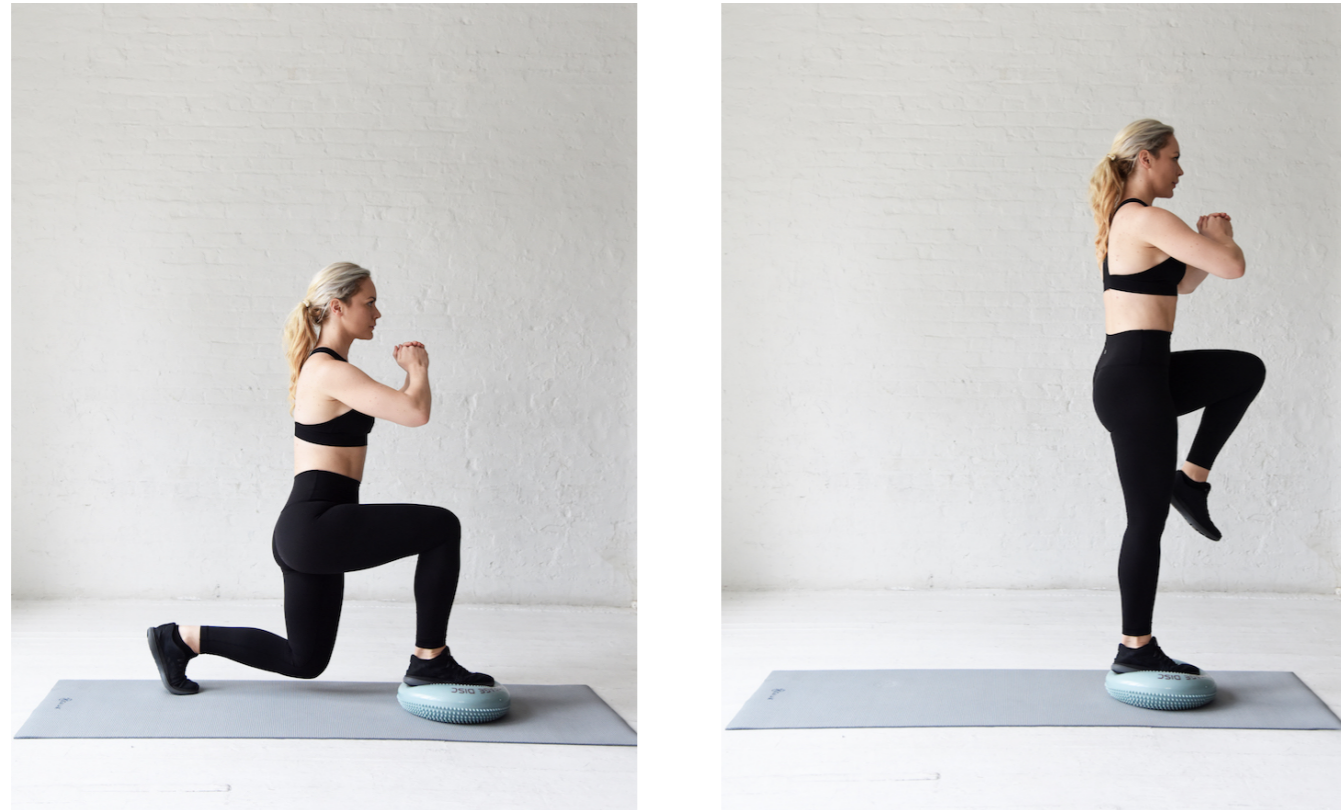


REVERSE LUNGE TO KNEE-UP



SIDE LUNGE TO KNEE-UP



SIDE LEG RAISE



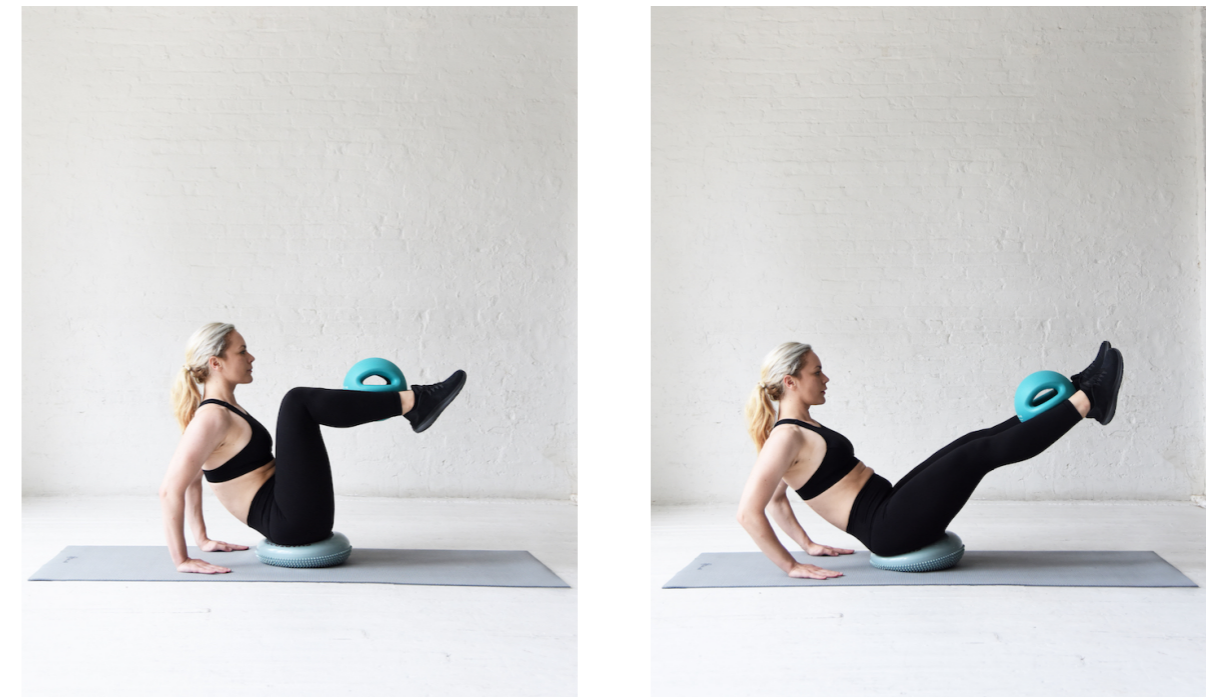
REVERSE CRUNCHES



RUSSIAN TWISTS



WEIGHTED REVERSE CRUNCHES



WEIGHTED SQUATS TO OVERHEAD PRESS



WEIGHTED REVERSE LUNGE TO KNEE-UP



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