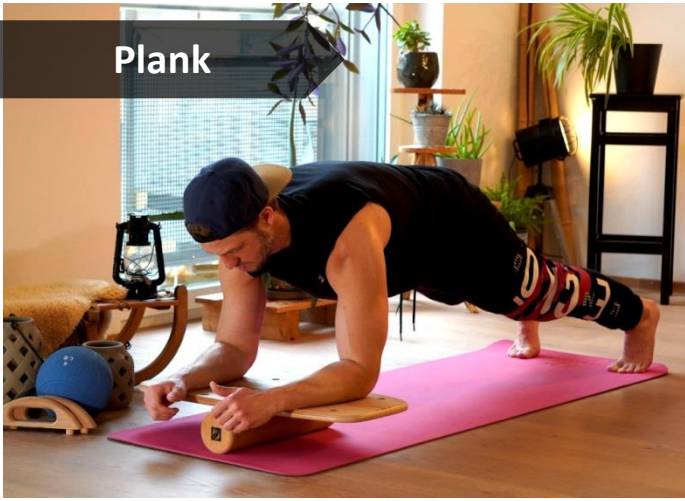


Plank



Bridging



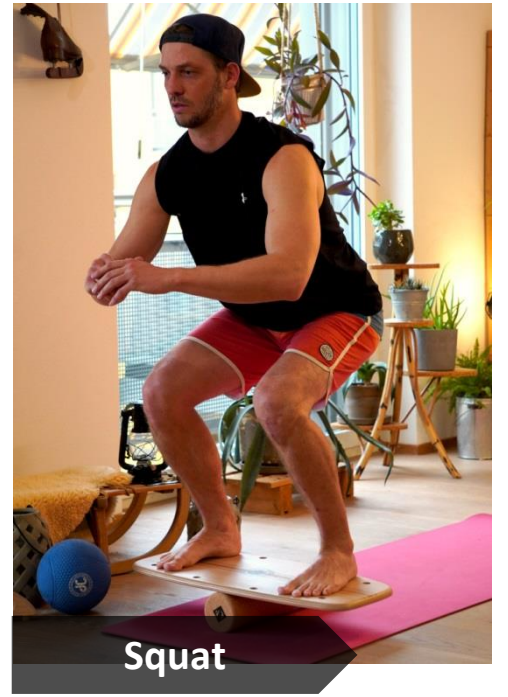
HOME WORKOUT

Lunges



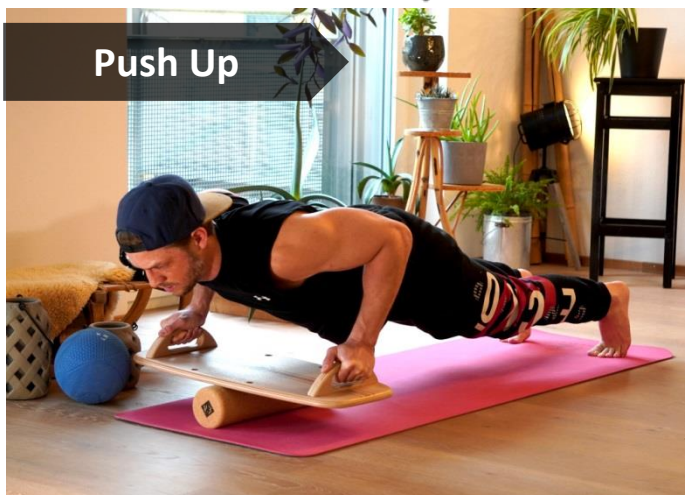
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Squat



ADVANCED

Push Up



Mountain Climbers

