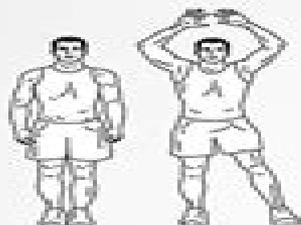


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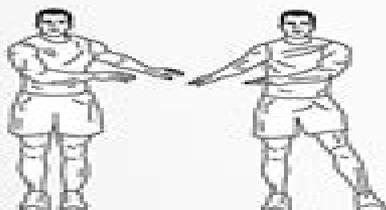
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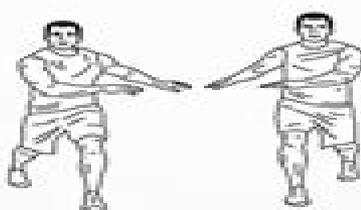
20 march jacks



20 step side jacks



20 side-to-side steps



20 alternating steps back



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