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2



20 High Knees

3



15 Squats

4



15 Side Leg Raise

5



10 Russian Twist

6



7

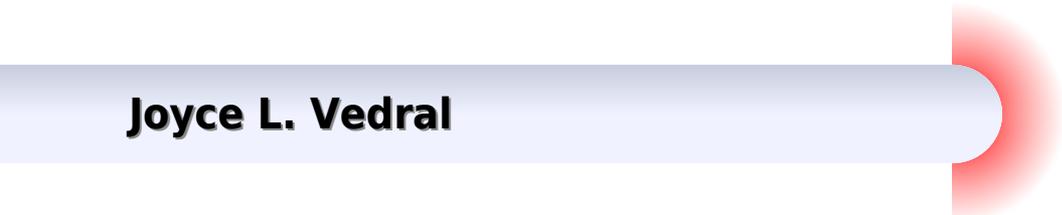


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Simple Home Workout Explained For Beginners 49

Joyce L. Vedral



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