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2



20 High Knees

3



15 Squats

4



15 Side Leg Raise

5



10 Russian Twist

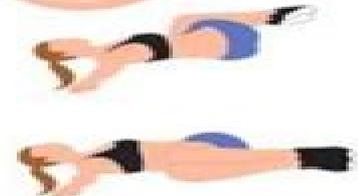
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# How To Home Workout For Beginners For Experts

**Florence Griffith Joyner,John Hanc**

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