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PUSH-UP

10



PLANK

10



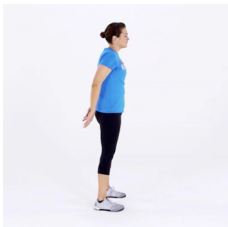
WALK OUT PLANK

10



CRAB TOE TOUCH

10



SQUAT

10



LUNGE

10



SHOULDER BRIDGE

10



**SINGLE LEG
TOE TOUCH**

10

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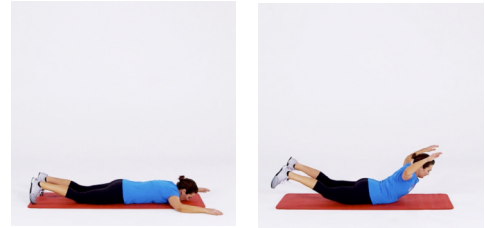
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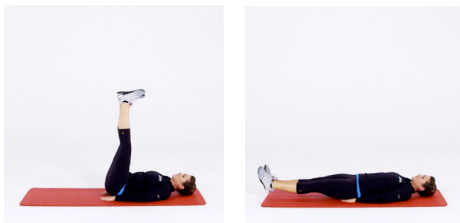
PLANK TWIST

10



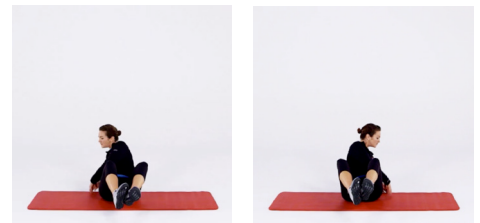
SUPERMANS

10



LEG DROPS

10



V-SIT TWIST

10



MOUNTAIN CLIMBERS

10



BURPEES

10



SKI JUMPS

10



**PLANK
SHOULDER TAPS**

10