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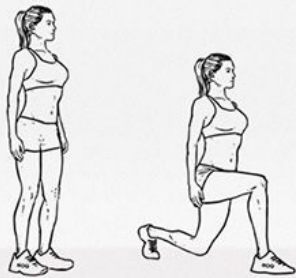
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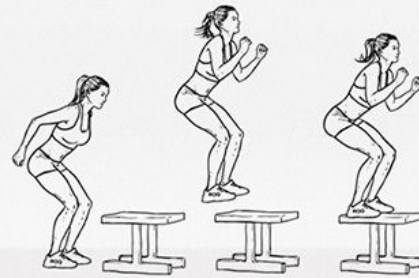
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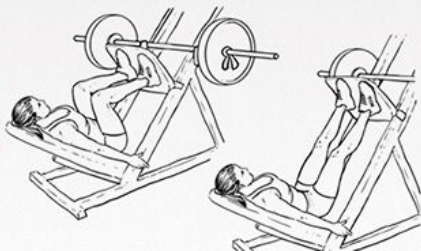
Bodyweight Walking Lunge



High Box Jump



Leg Press



Swiss Ball Crunch



WL

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