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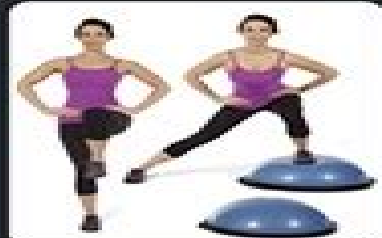
DOUBLE LUNGE



TOUCH DOWNS



SQUAT PRESS



LATERAL LUNGE

CORE



LATERAL CRUNCH



SPIDER PLANK



EXTEND AND TUCK



SCORPION

MOBILITY



BUTTERFLY



TWISTER



WARRIOR



SPREAD EAGLE

STRENGTH

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CORE

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Bosu Exercise Manual

Darrell Arden Russel



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The Total Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover
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