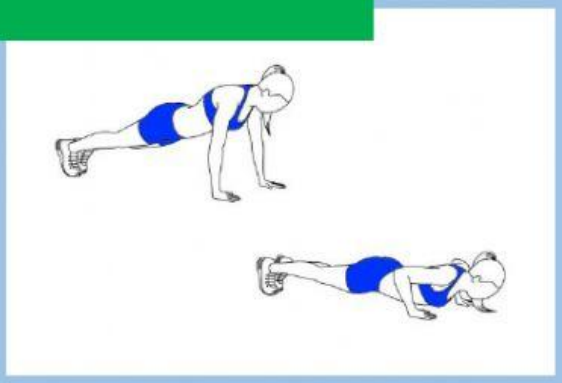
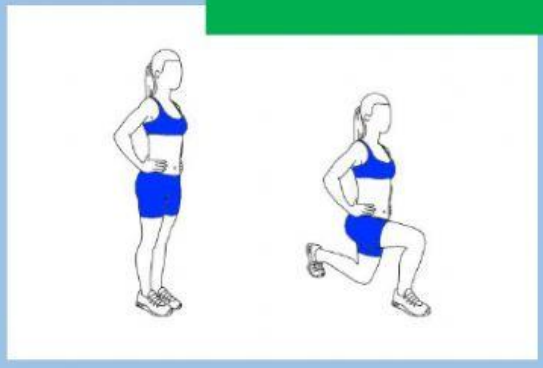
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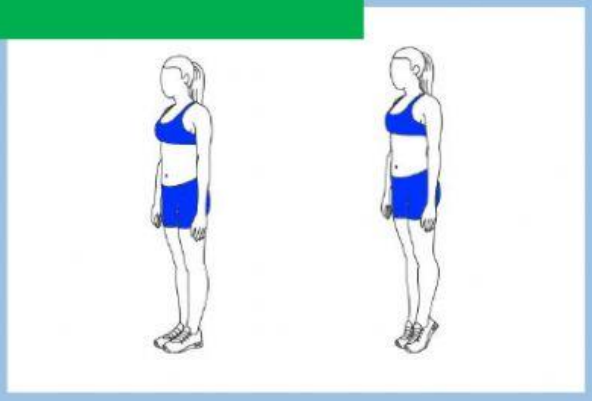




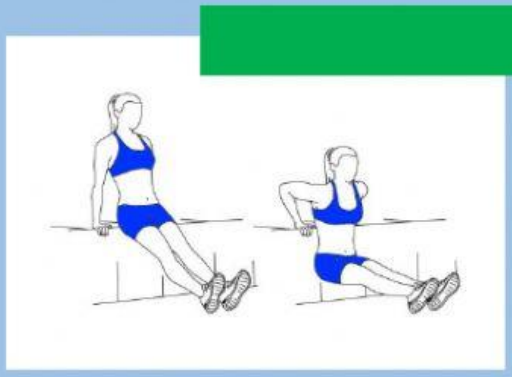
CRUNCHES



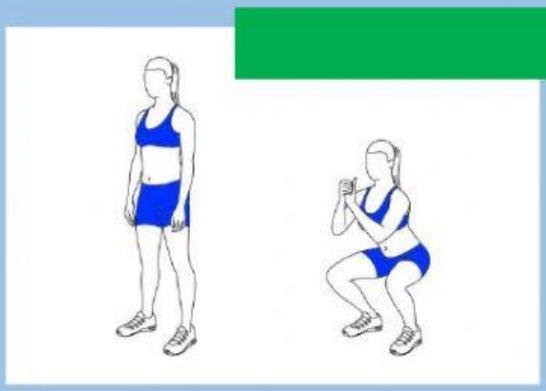
SQUATS



TRICEPS DIPS



PUSH -UPS



LUNGES

CALF RAISES