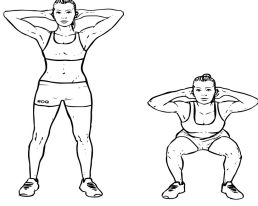
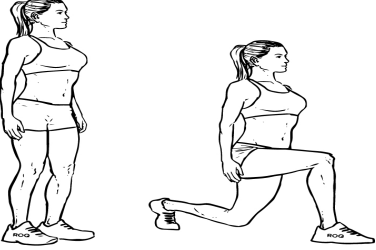
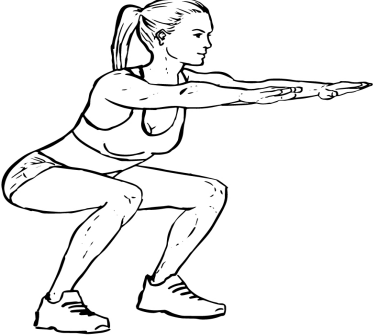
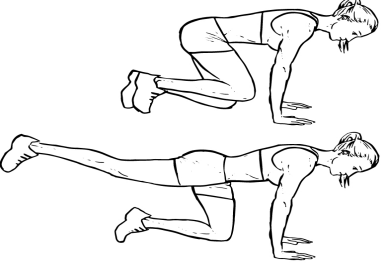



## Lower Body Workout

<p><b>Squats</b> 45 Seconds</p>	
<p><b>Reverse Lunges</b> 45 Seconds</p>	
<p><b>Squat Hold</b> 45 Seconds</p>	
<p><b>Donkey Kicks</b> 45 Seconds</p>	
<p><b>WOOHOO! CONGRATULATIONS!! YOU MADE IT!!!</b> </p>	

### A Special Note

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