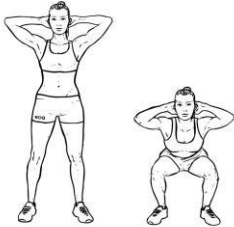
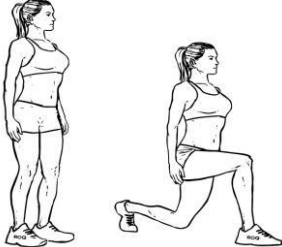

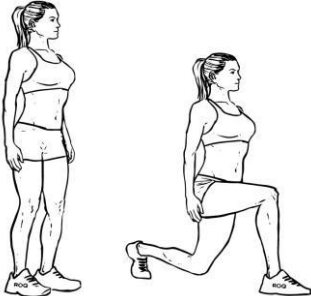
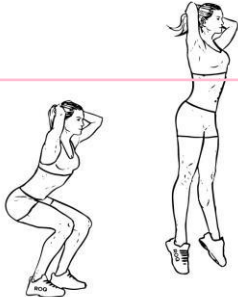


LOWER BODY WORKOUT

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| | |
|---|--|
| <p>Squats 45 Seconds</p> |  |
| <p>Reverse Lunges 45 Seconds</p> |  |
| <p>Squat Hold 45 Seconds</p> |  |
| <p>Forward Lunges 45 Seconds</p> |  |
| <p>Jump Squats 45 Seconds</p> |  |
| <p>Rest 60 Seconds</p> | |


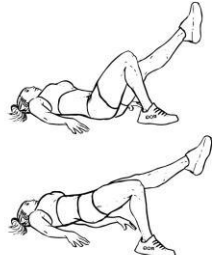
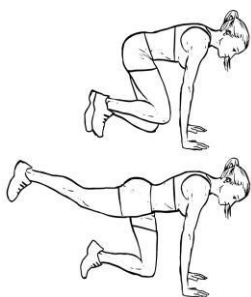
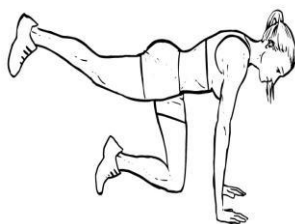
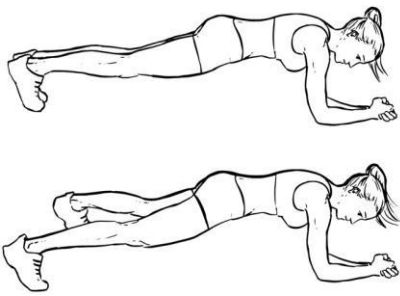

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LOWER BODY WORKOUT

(PAGE 2 OF 2)

| | |
|---|--|
| <p>Glute Bridges 45 Seconds</p> |  |
| <p>Single Leg Bridges 45 Seconds</p> |  |
| <p>Donkey Kicks 45 Seconds</p> |  |
| <p>Donkey Pulses 45 Seconds</p> |  |
| <p>Plank Jacks 45 Seconds</p> |  |
| | <p>WOOHOO! CONGRATULATIONS!! YOU MADE IT!!! </p> |

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