
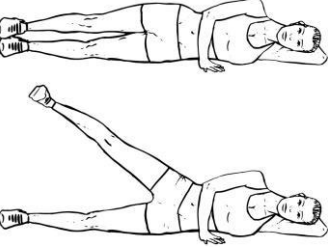
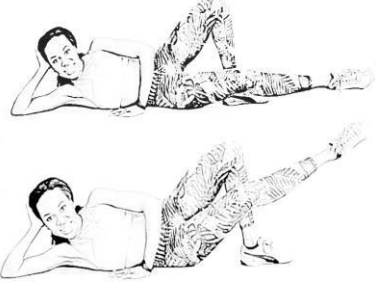




## LEG WORKOUT

<p><b>High Kicks</b> 45 Seconds</p>	
<p><b>Lying Leg Lifts</b> 45 Seconds</p>	
<p><b>Inside Leg Raises</b> 45 Seconds</p>	
<p><b>Kneeling Leg Lifts</b> 45 Seconds</p>	
<p><b>Crosses</b> 45 Seconds</p>	

### A Special Note

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