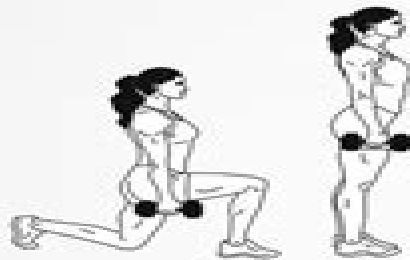


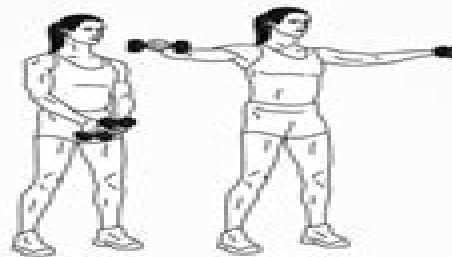
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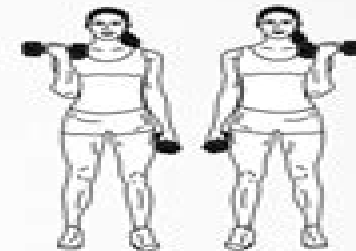
30 seconds rest between exercises



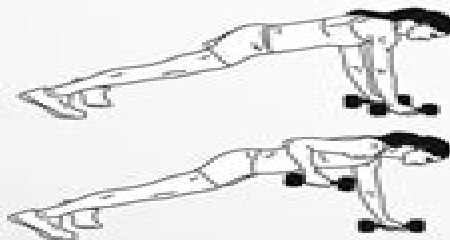
16 reverse lunges
5 sets | 30 seconds rest



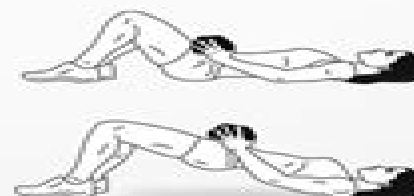
6 lateral raises
5 sets | 30 seconds rest



16 bicep curls
5 sets | 30 seconds rest



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5 sets | 30 seconds rest



16 bridges
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