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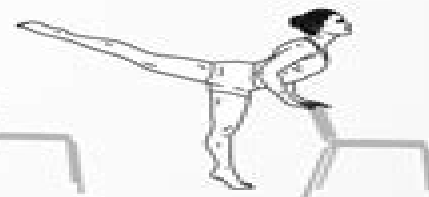
30 seconds rest between exercises



10 barre assemblés
5 sets | 30 seconds rest



10 high super burner
5 sets | 30 seconds rest



10 four-part arabesque lunges
5 sets | 30 seconds rest



20 arabesque pulses
5 sets | 30 seconds rest

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AW Chickering



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