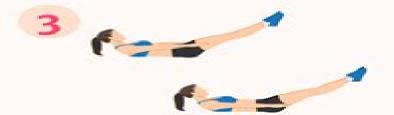
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10 reps x 3 sets



Double Leg Stretch 10 reps x 3 sets



Hundreds 10 reps x 3 sets



Roll ups 6 reps x 3 sets



Glute Bridge 12 reps x 3 sets



Push ups 10 reps x 3 sets



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Michael Rajnik

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