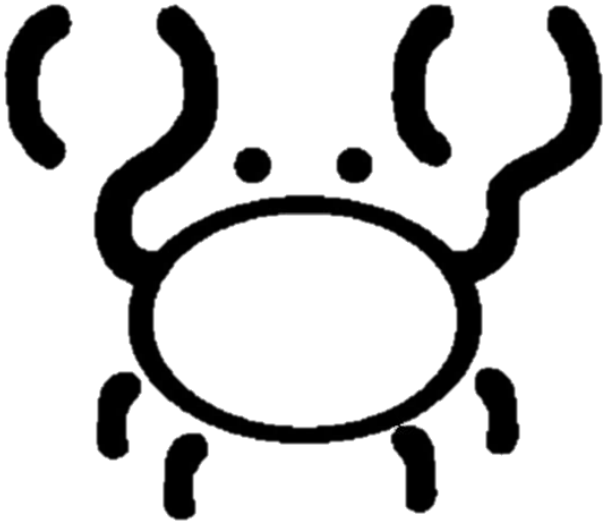


Crab Dips



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Jumping Jacks

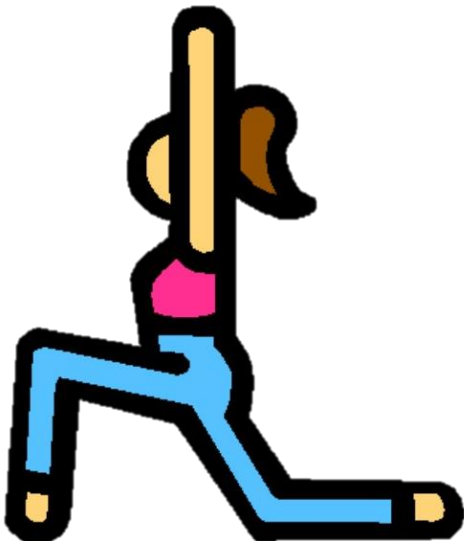


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Lunges

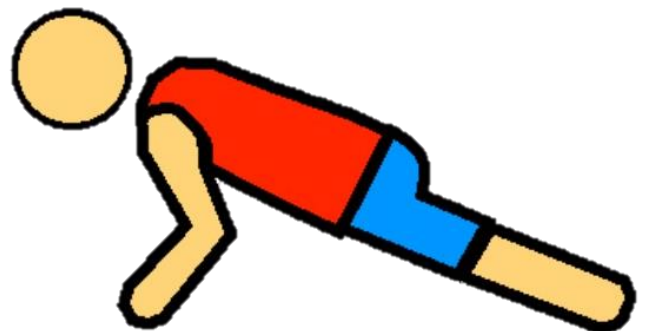


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Push Ups



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Sit Ups

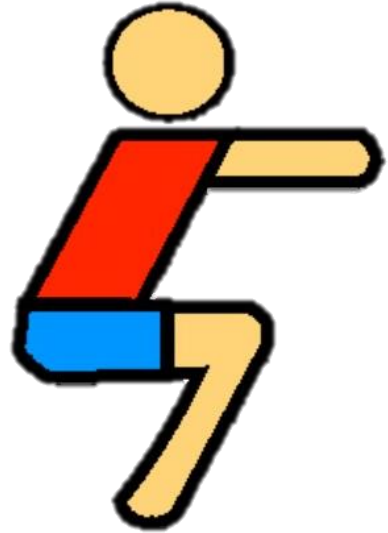


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Squats



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