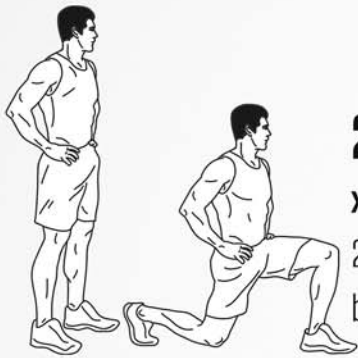


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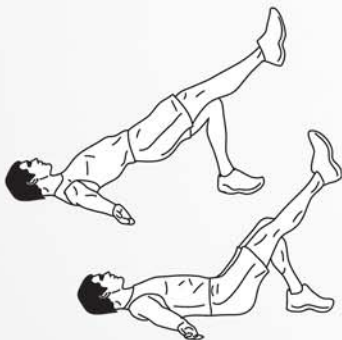
2 minutes rest
between exercises



20 lunges
x 3 sets in total
20 seconds rest
between sets



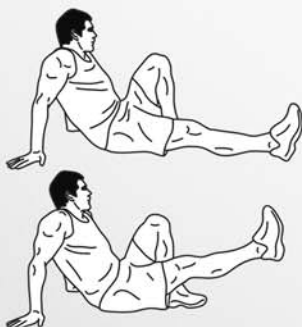
20 reverse lunges
x 3 sets in total
20 seconds rest
between sets



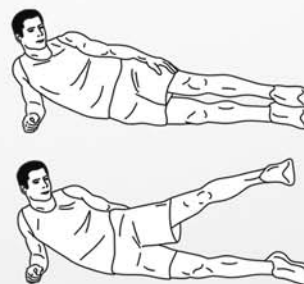
20 single leg bridges
x 3 sets in total
20 seconds rest
between sets



60sec
wall-sit
once



40 leg raises
x 2 sets in total
1 set per leg



40 side leg raises
x 2 sets in total
1 set per leg