

Plank



Bridging



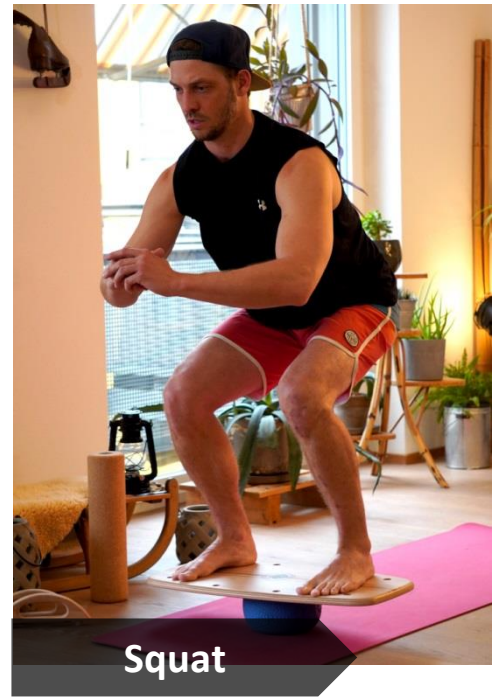
HOME WORKOUT

Lunges



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Squat



Push Up



Mountain Climbers



PRO