

Every
Move Counts



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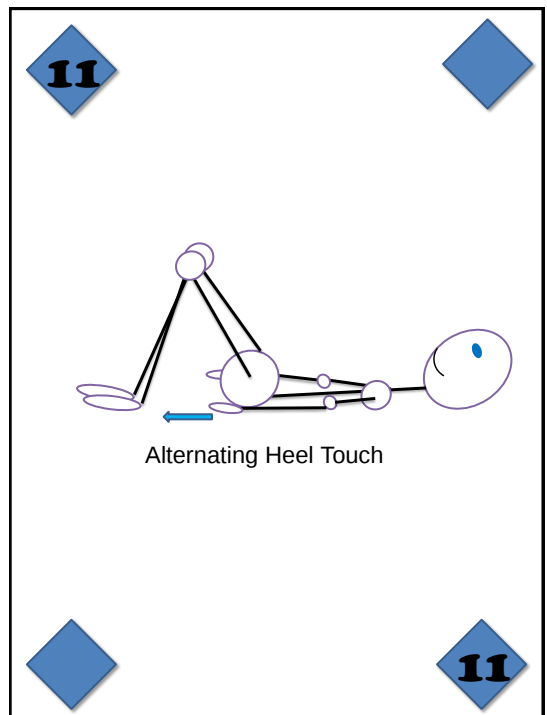
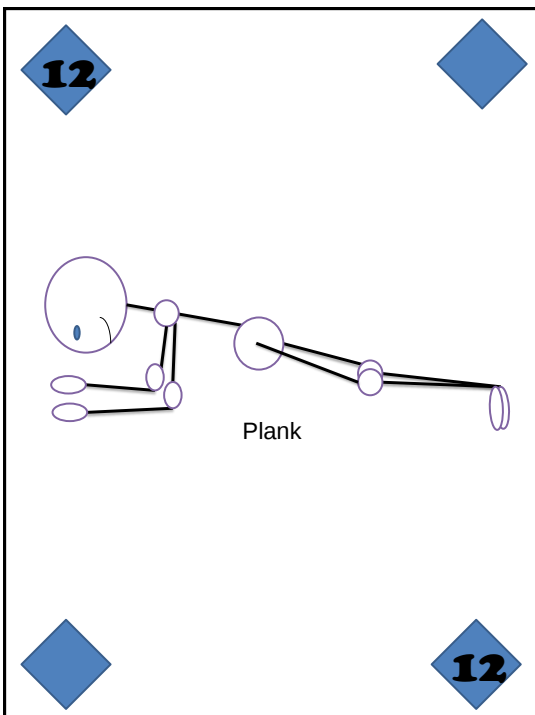
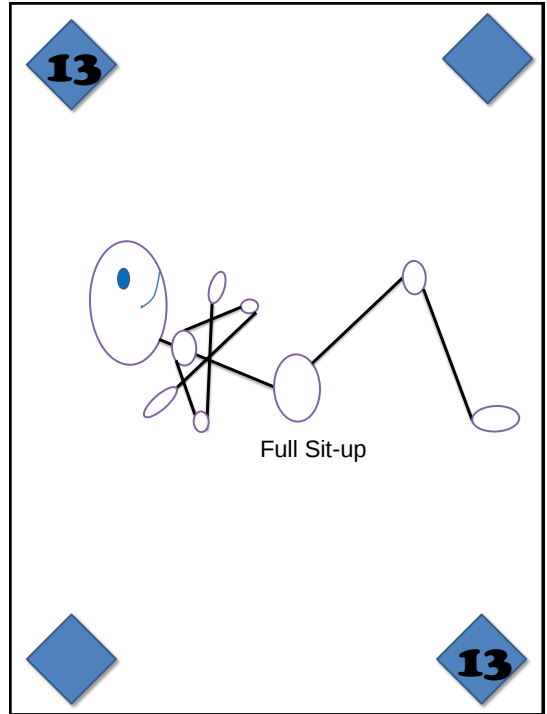
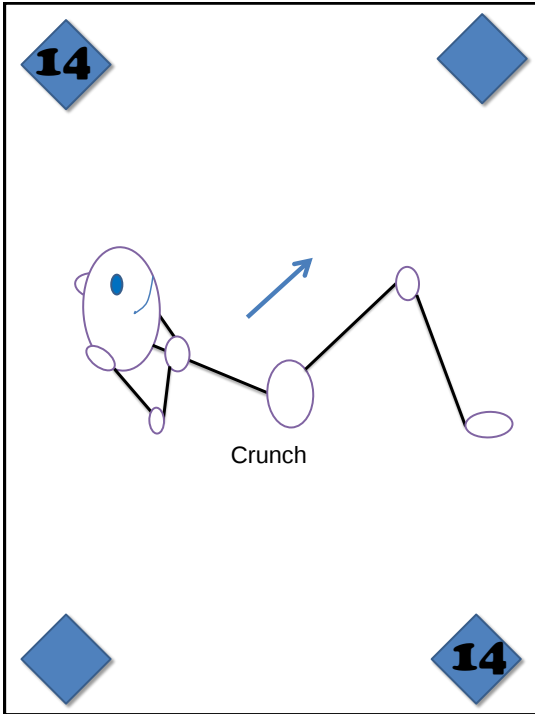


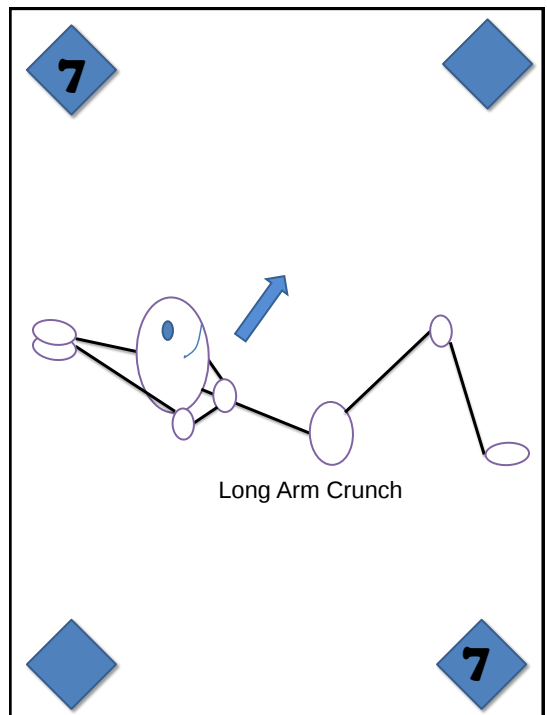
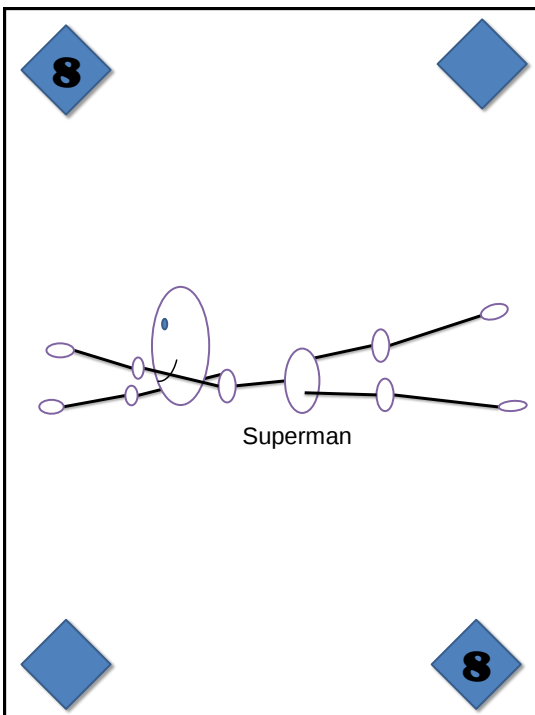
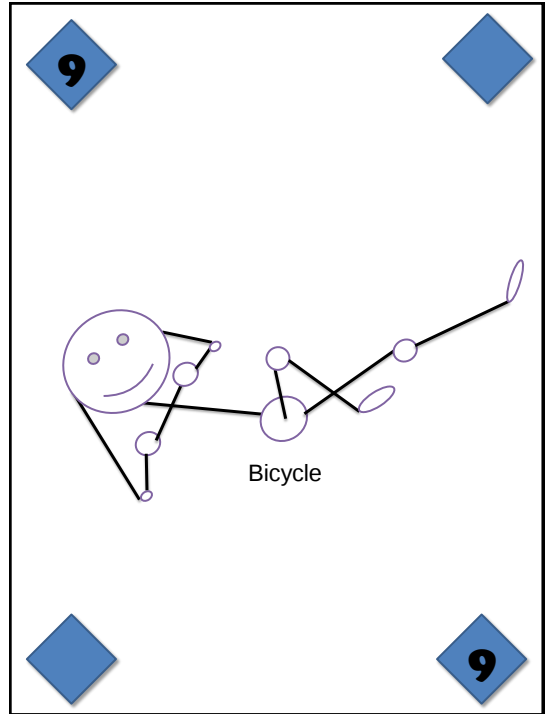
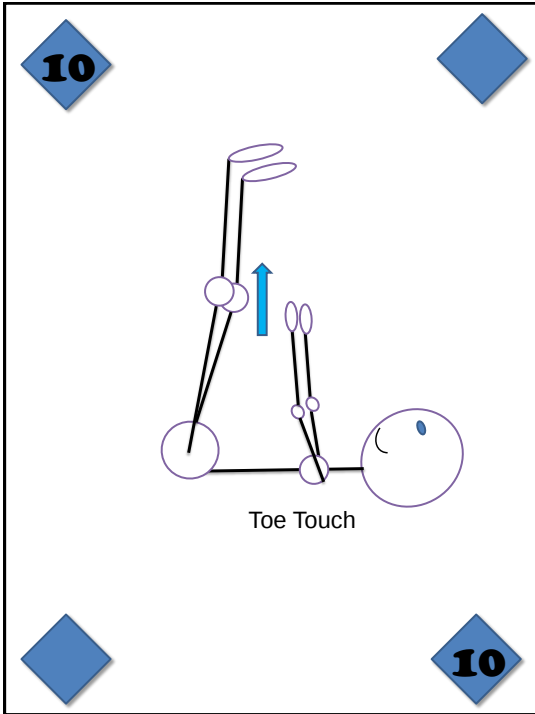
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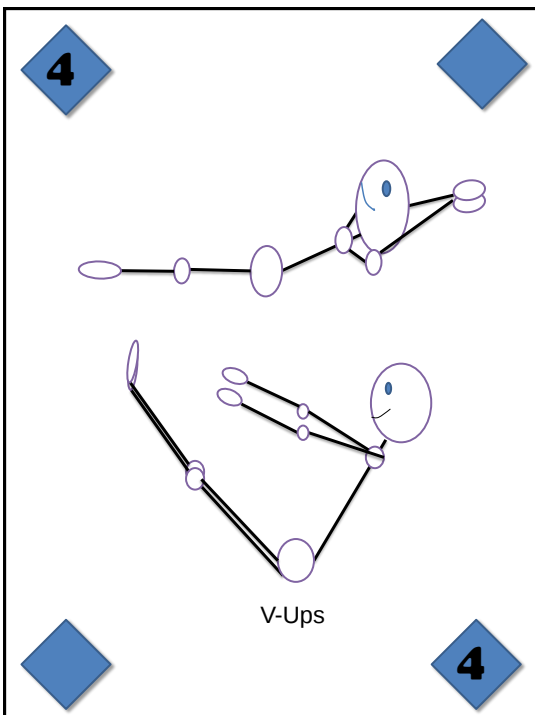
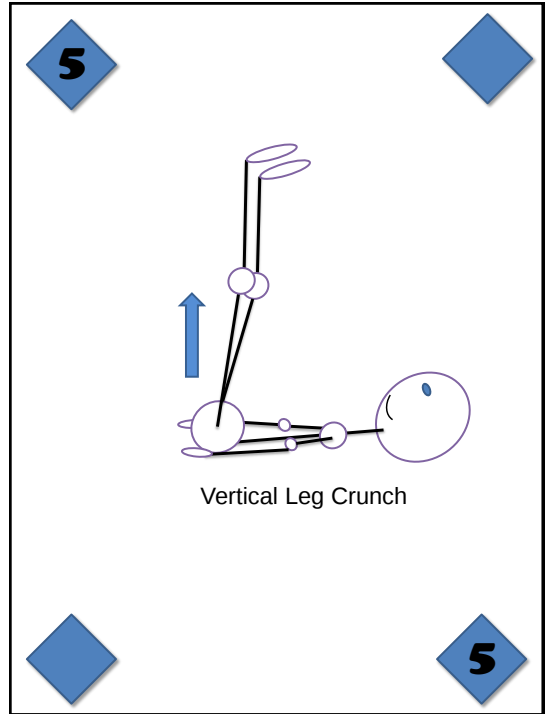
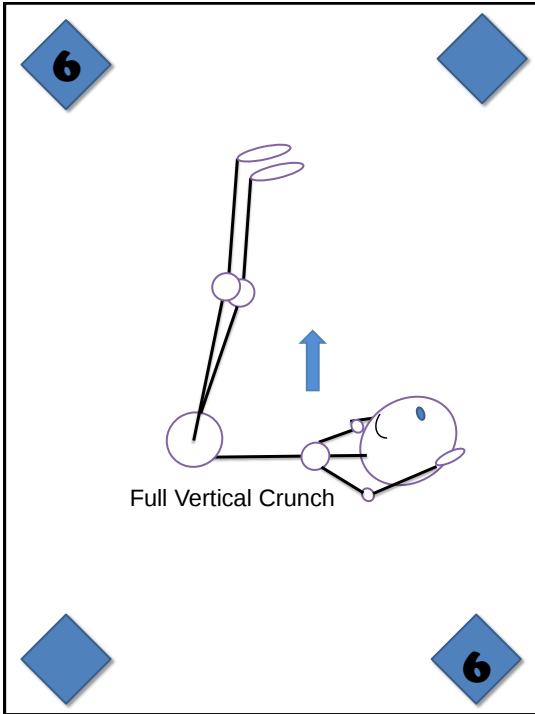


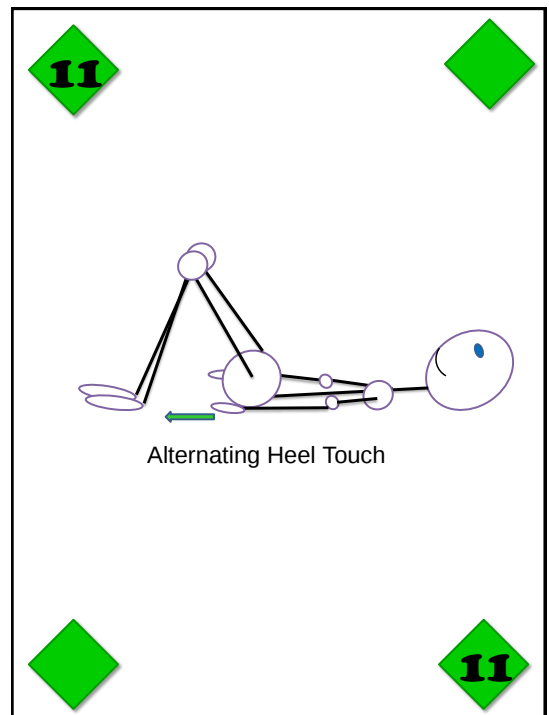
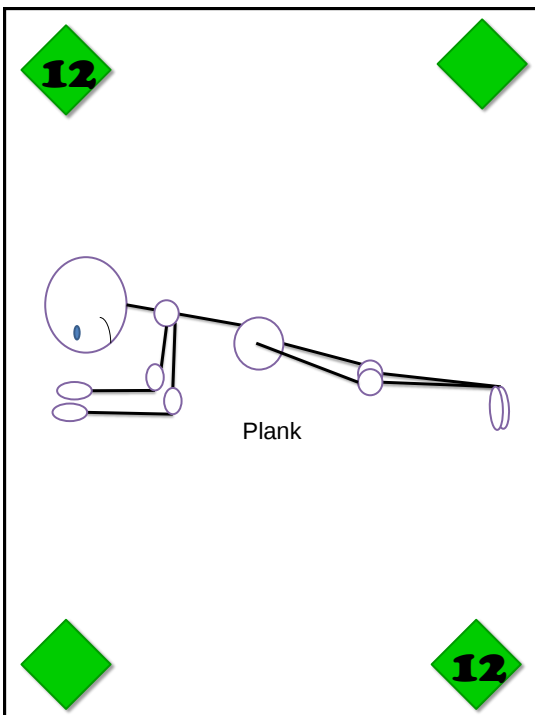
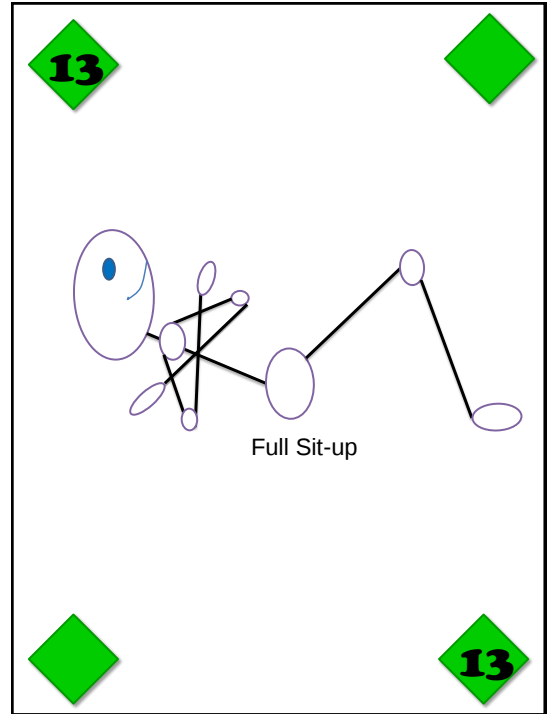
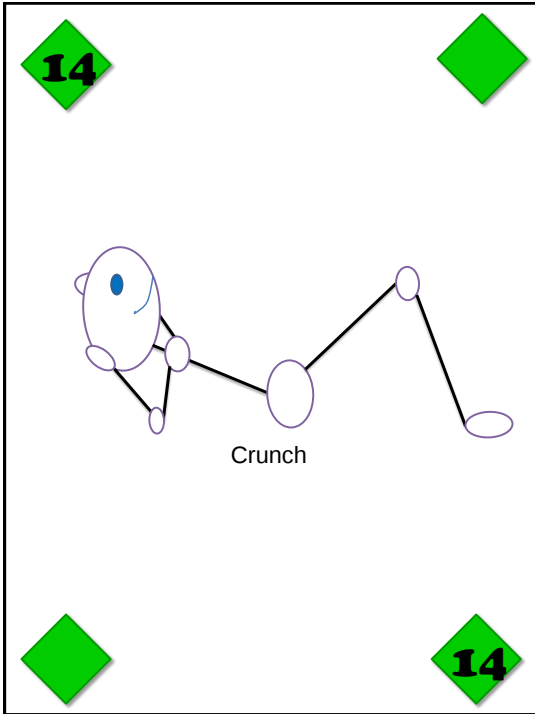
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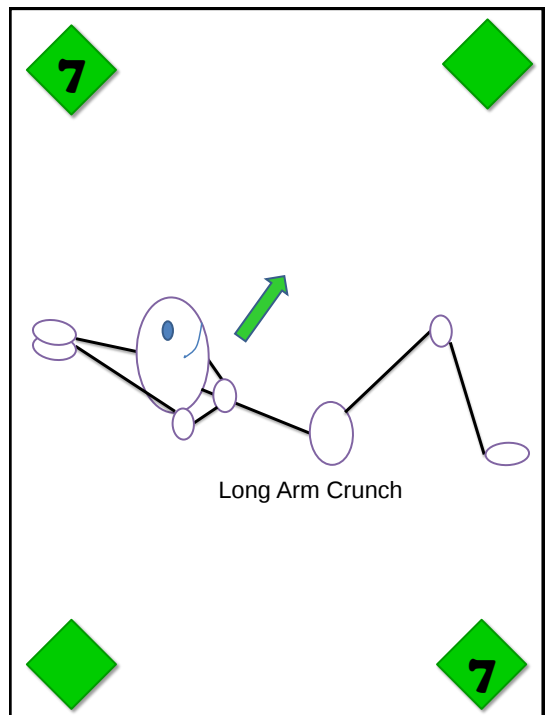
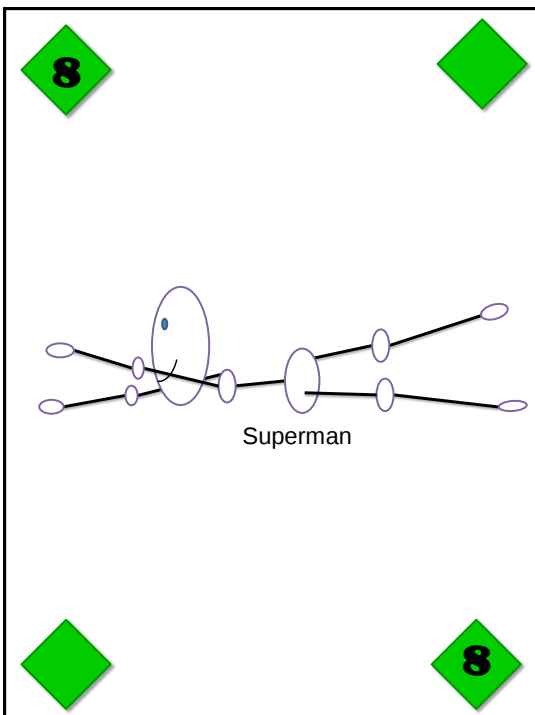
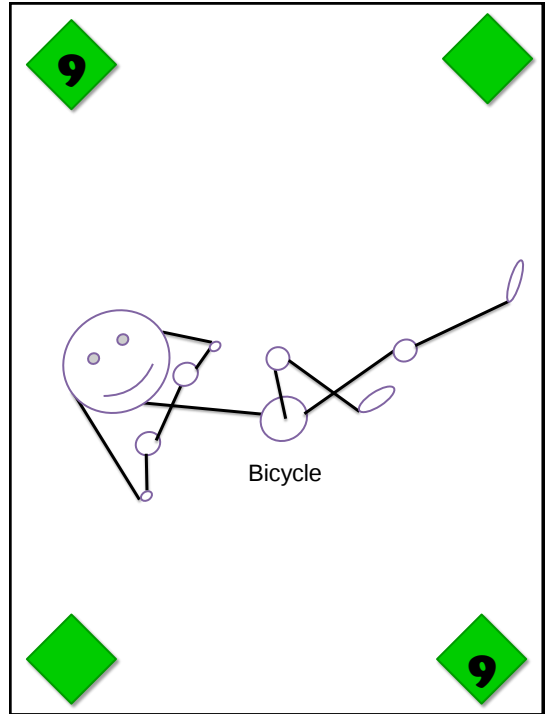
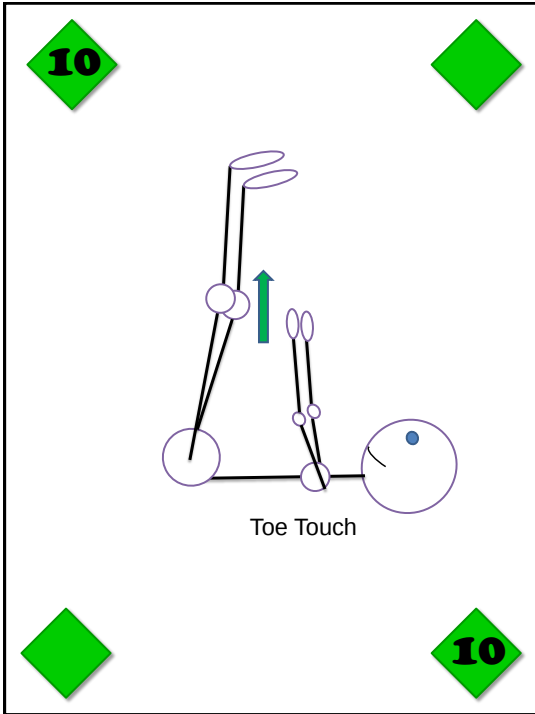


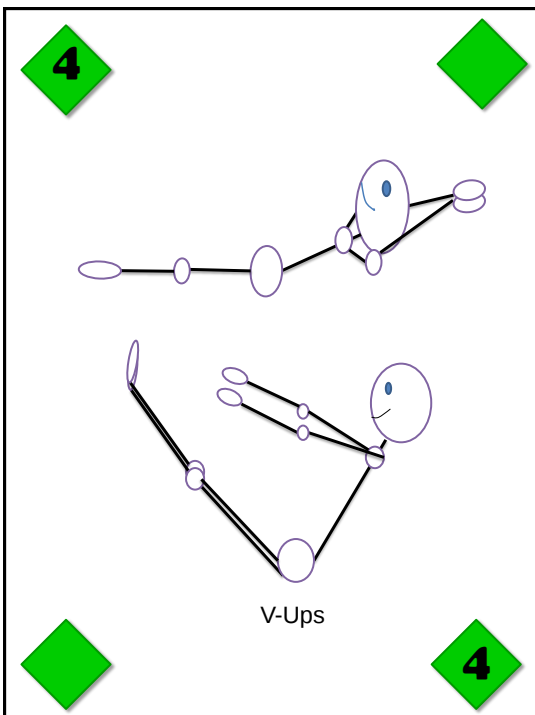
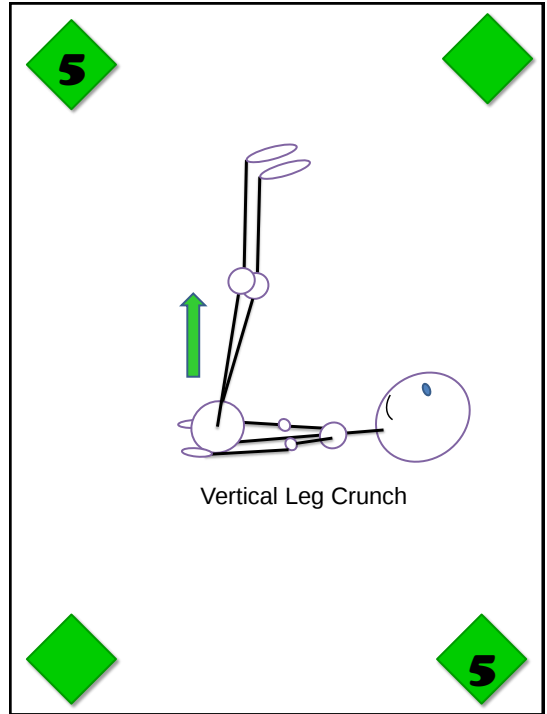
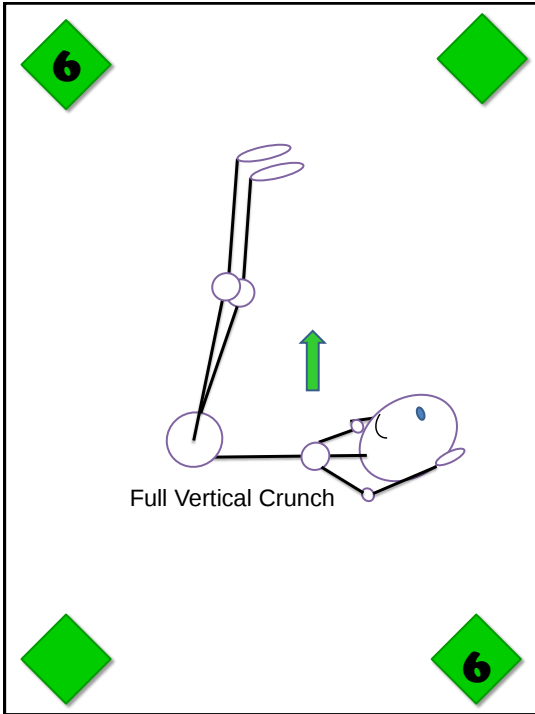




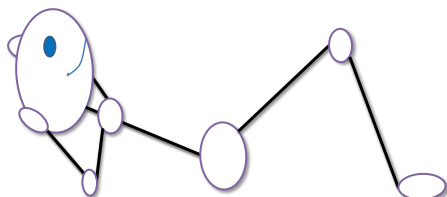








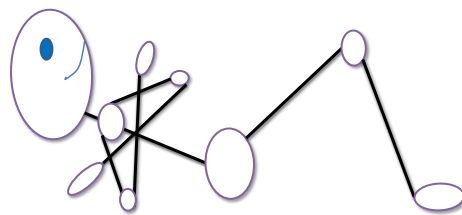
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Crunch

14

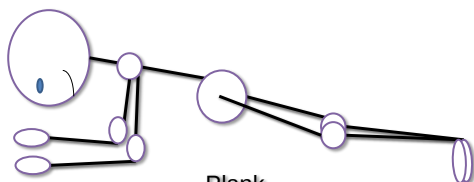
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Full Sit-up

13

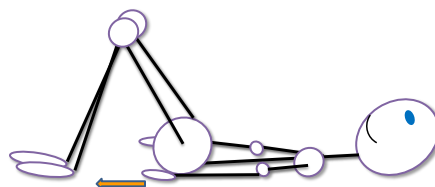
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Plank

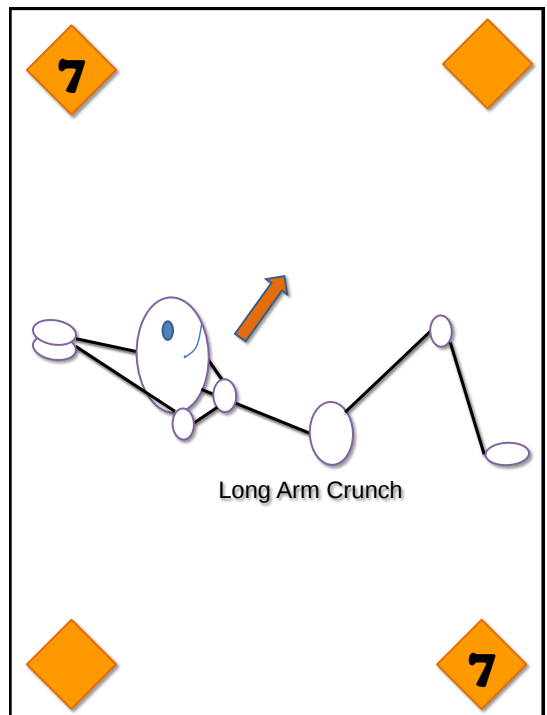
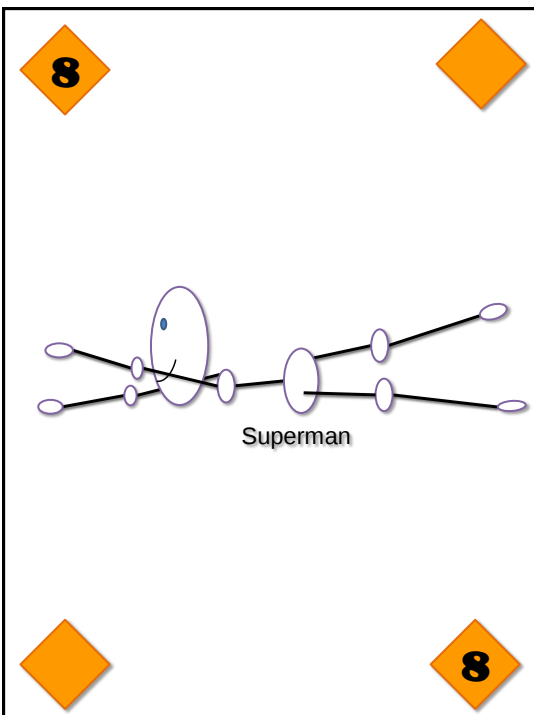
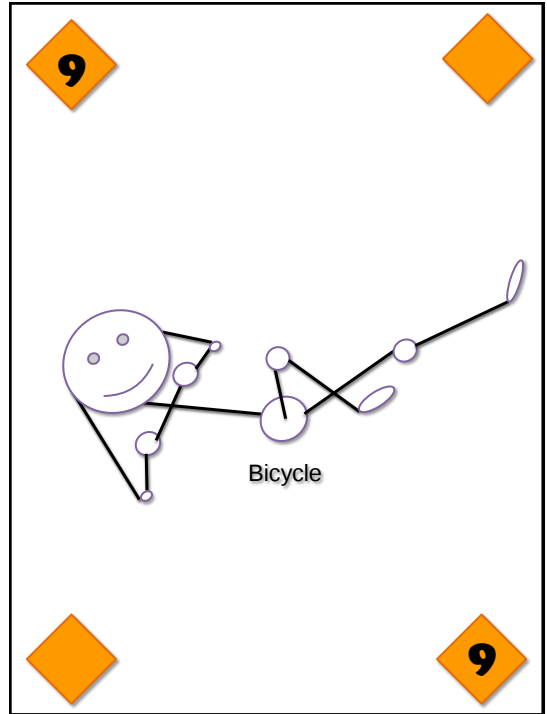
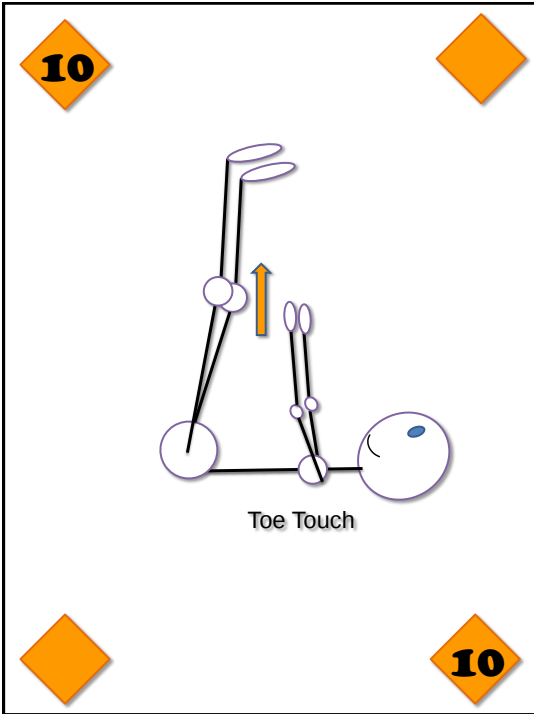
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11

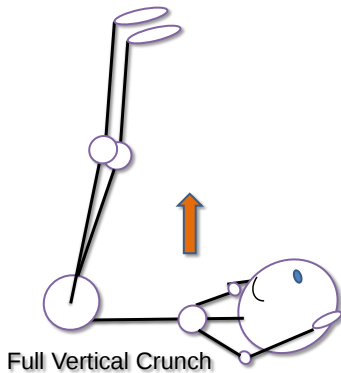


Alternating Heel Touch

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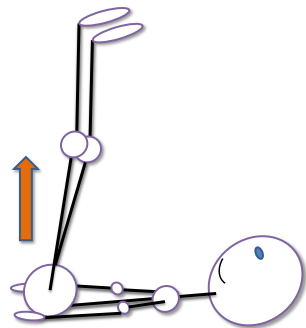
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Full Vertical Crunch

6

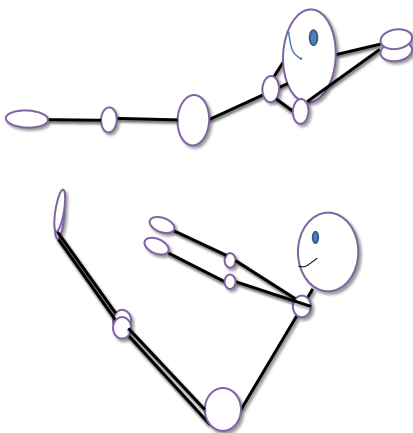
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Vertical Leg Crunch

5

4



V-Ups

4

Wild



Wild

