






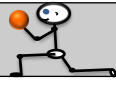












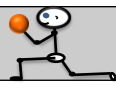






Two by Two Medicine Ball

You and		Complete Chops		
You and		Complete Sit-Ups		
You and		Complete Squat		
You and		Jog and Touch 3 walls		
You and		Complete Lunge		
You and		Complete Toe touches		
You and		Complete Twisting Obliques		
You and		Jog around the outside of the cones		

Two by Two Medicine Ball

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