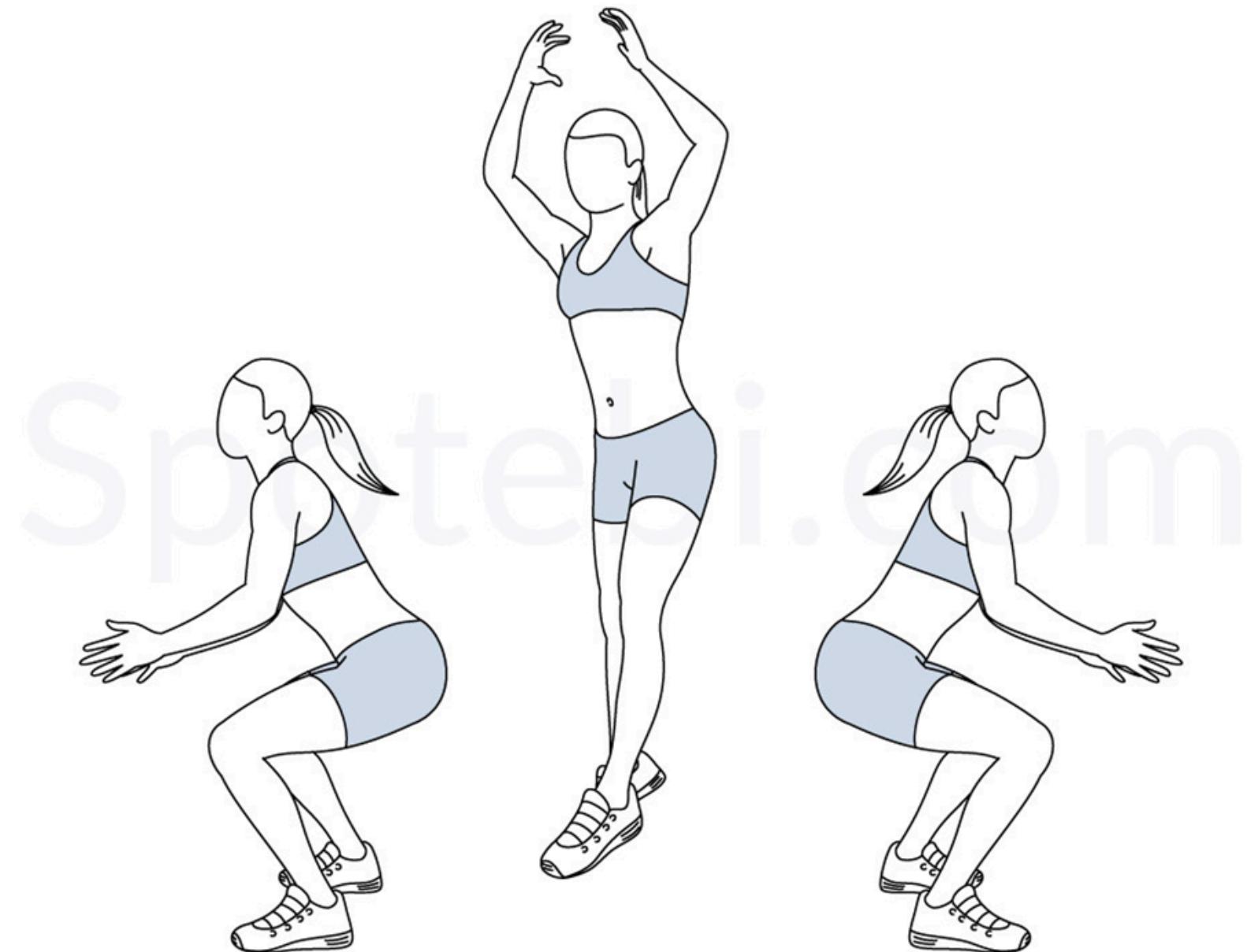
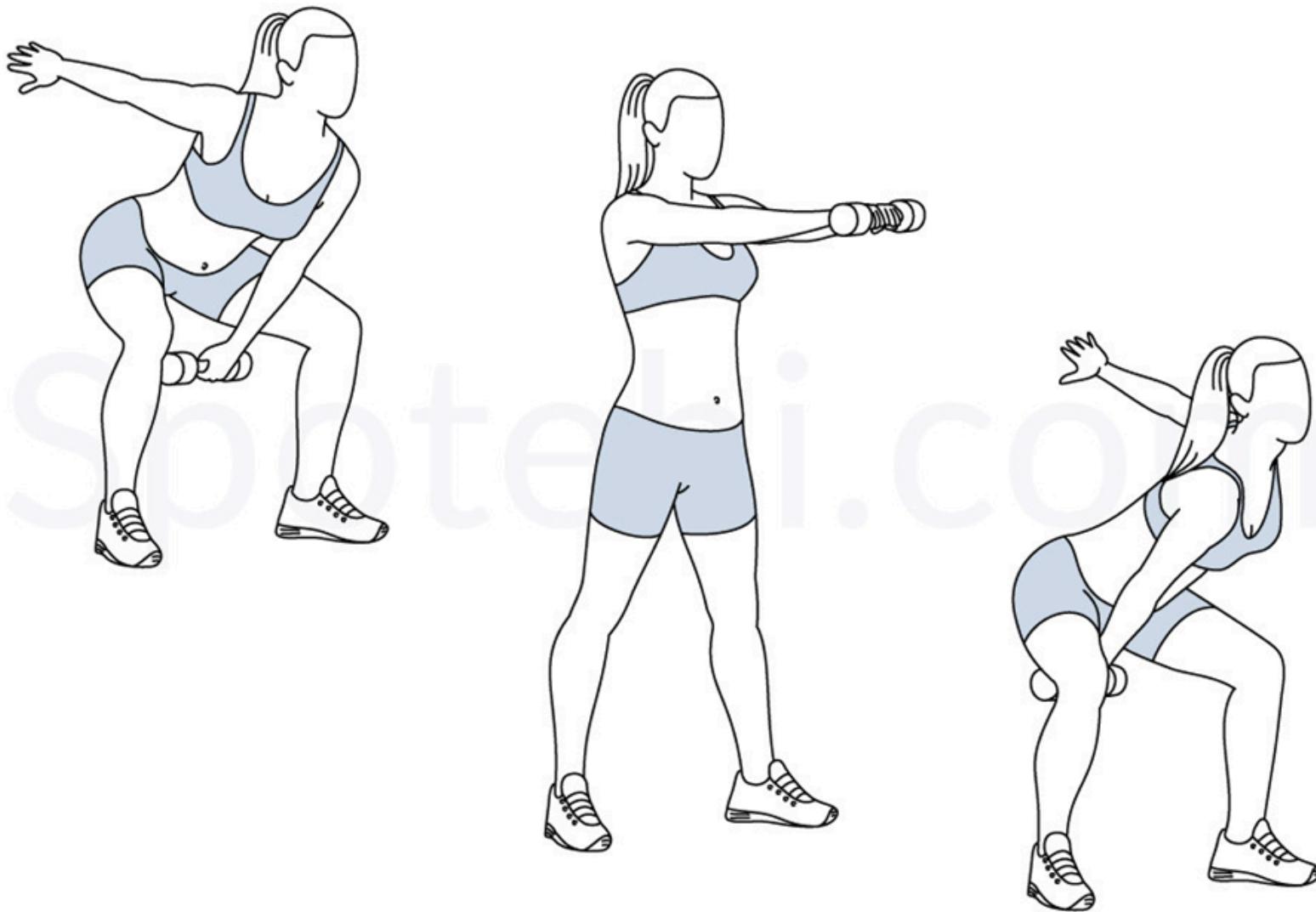


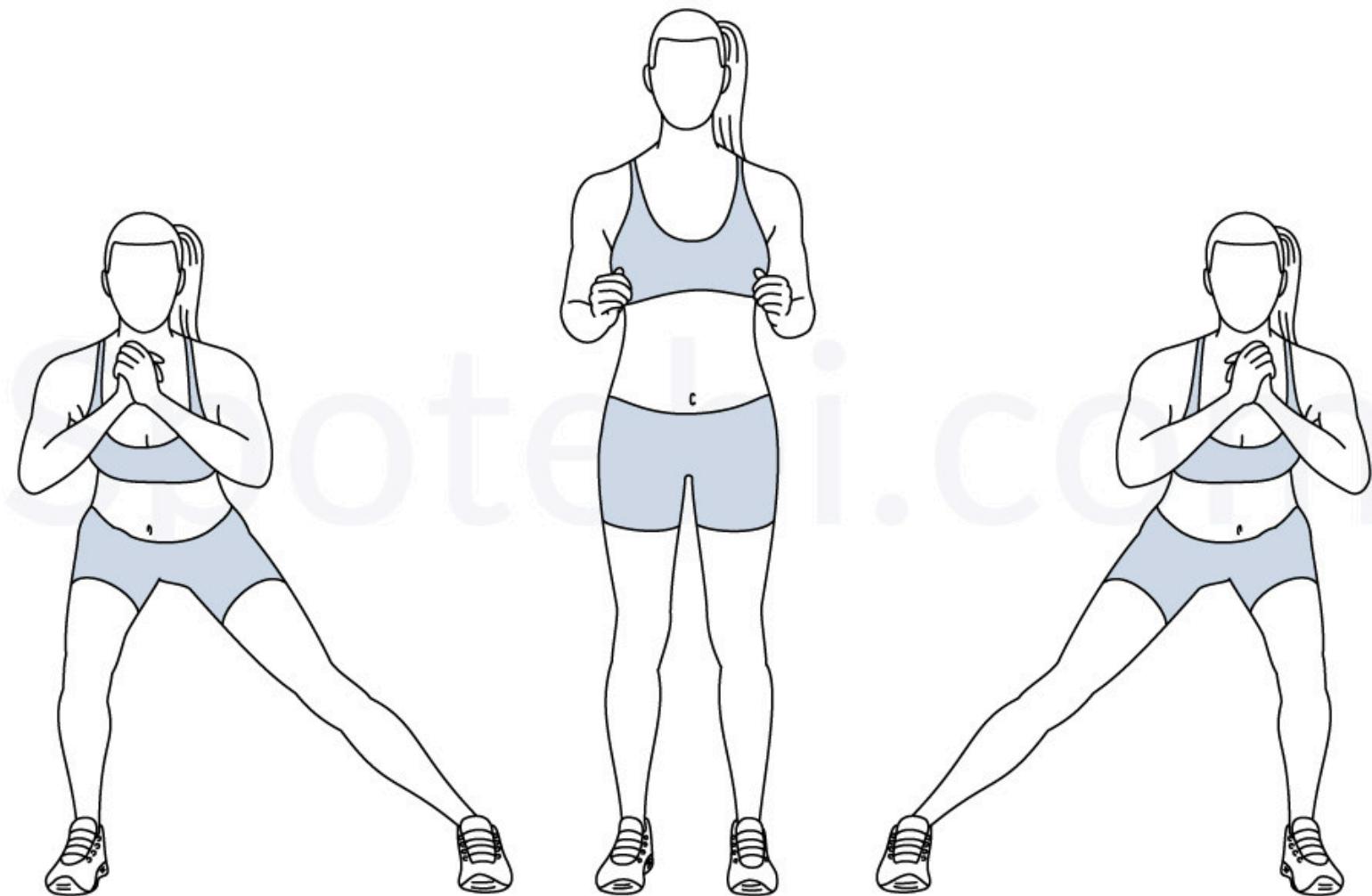
180 Jump Squat



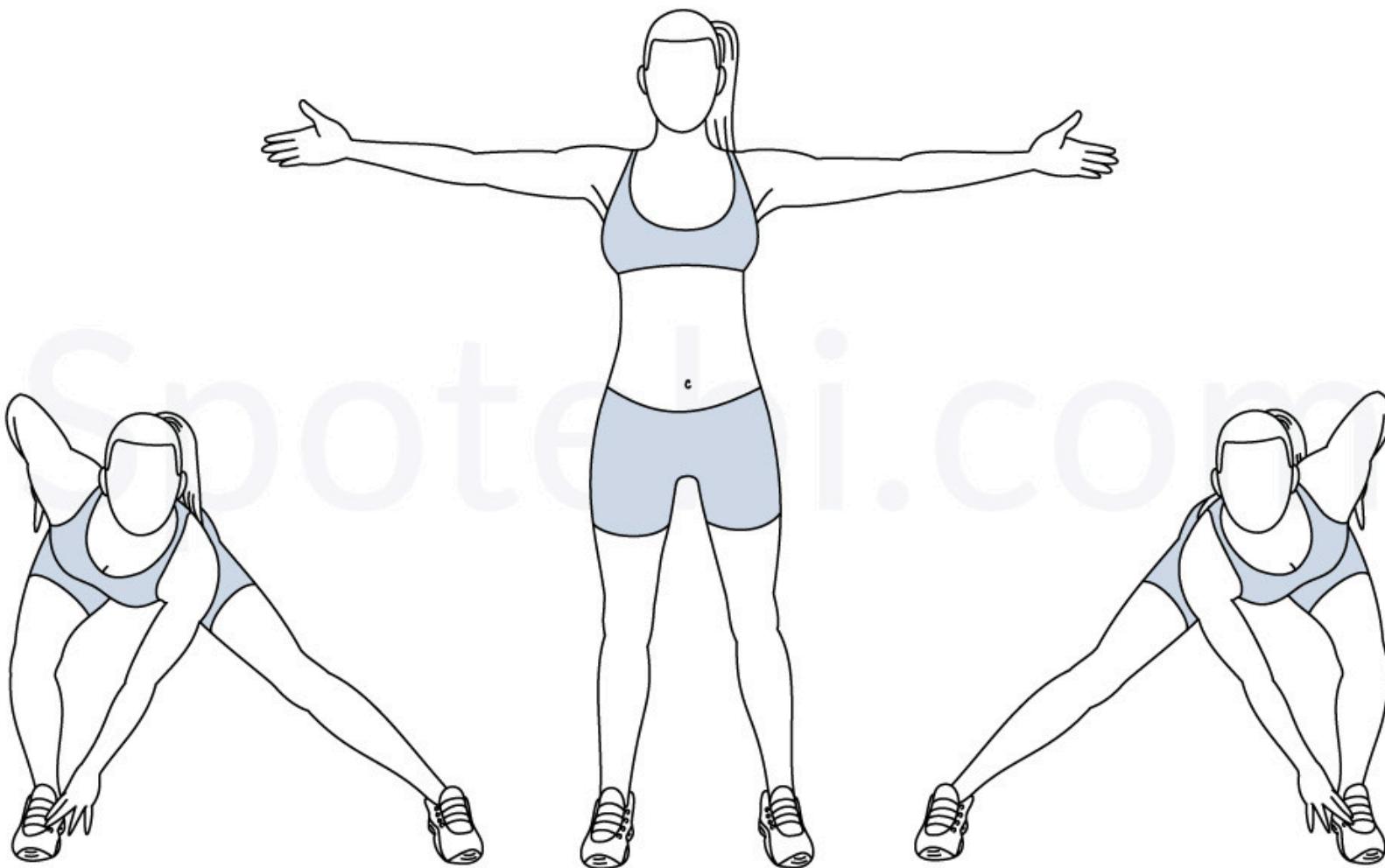
Alternating Dumbbell Swing



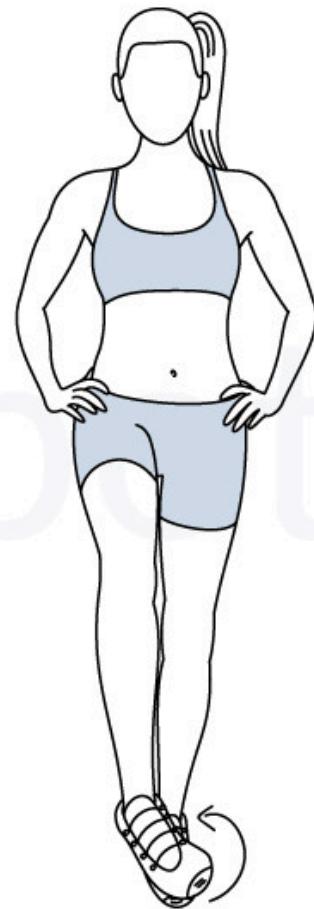
Alternating Side Lunge



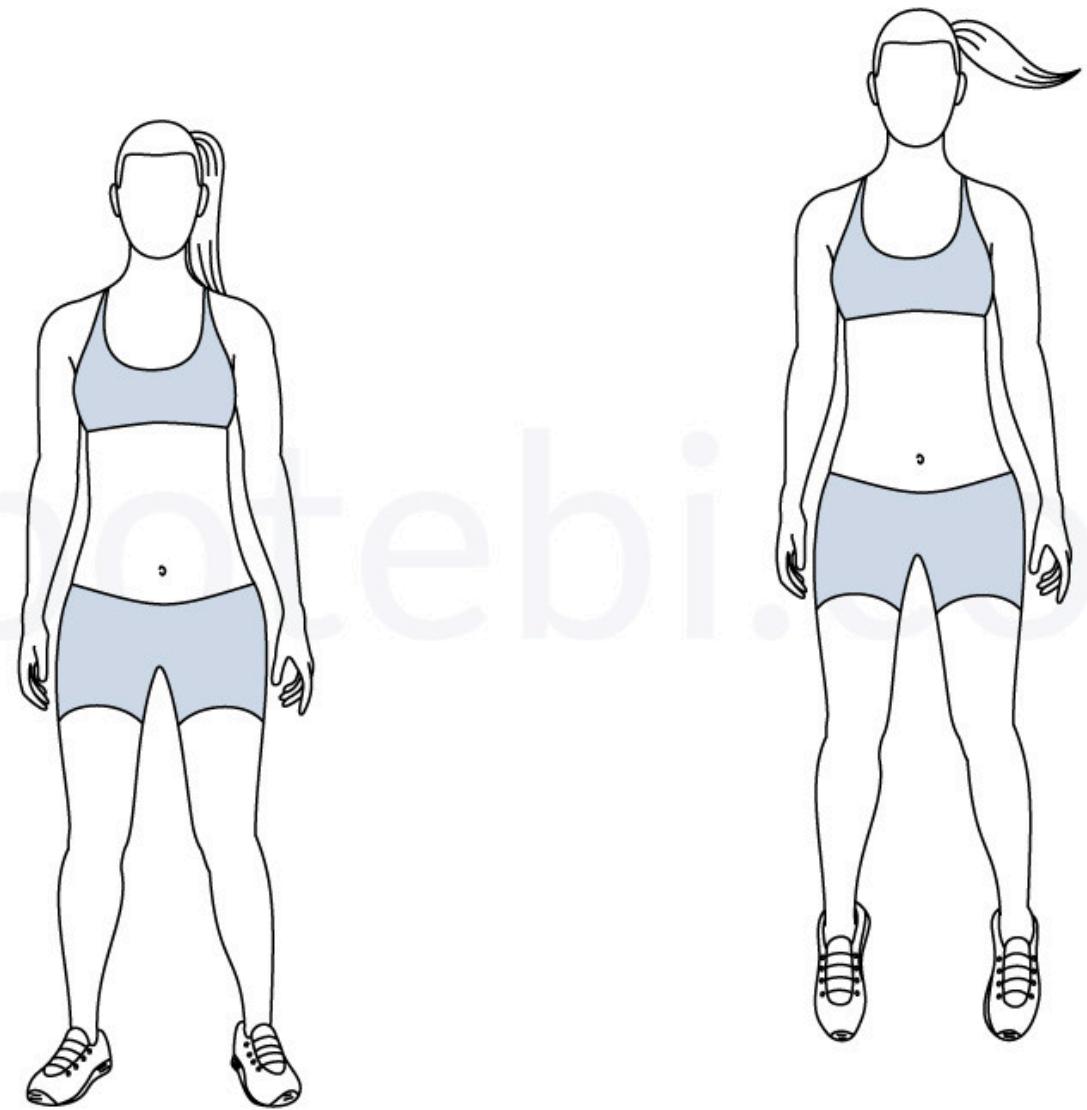
Alternating Side Lunge Touch



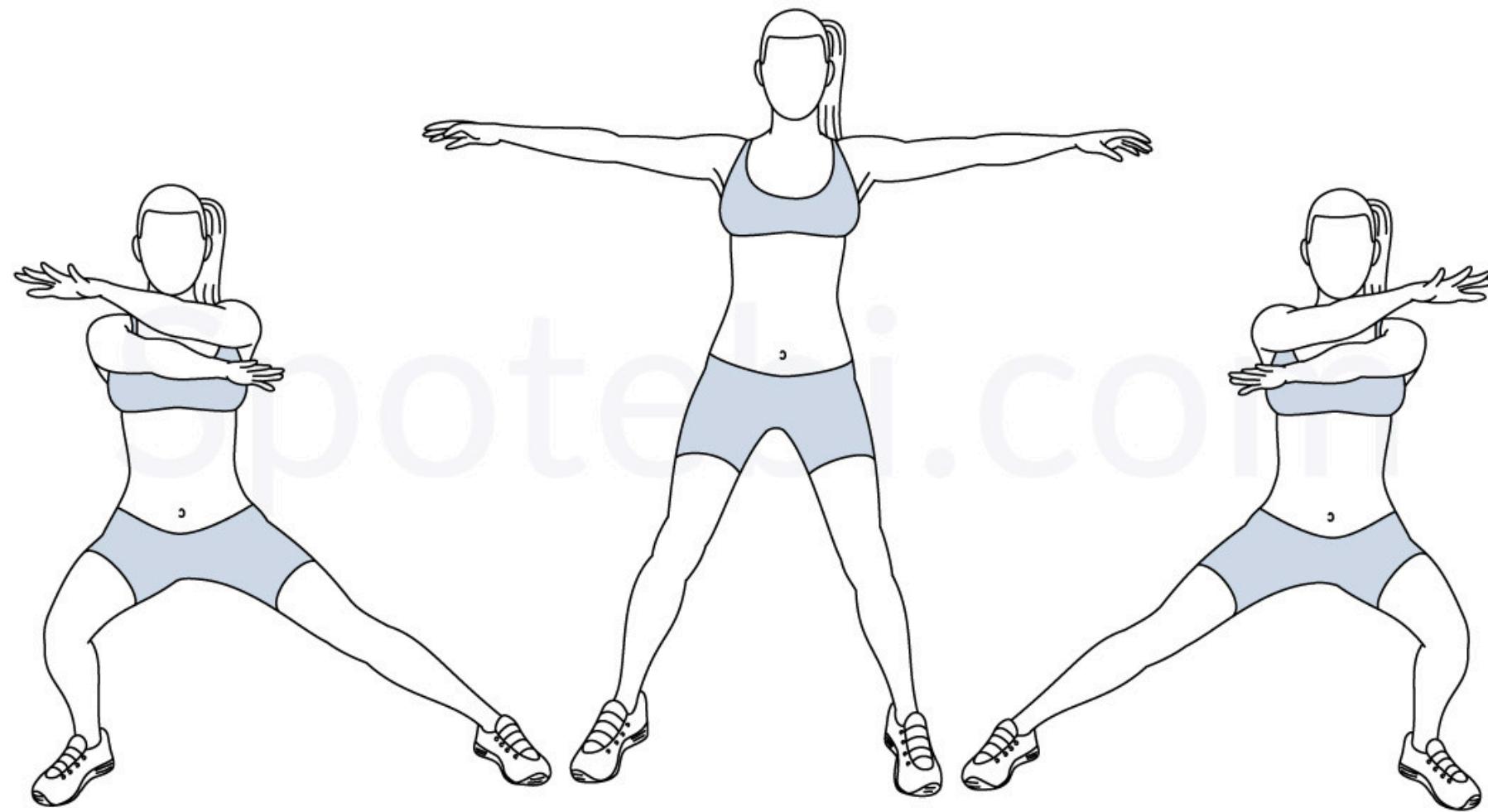
Ankle Circles



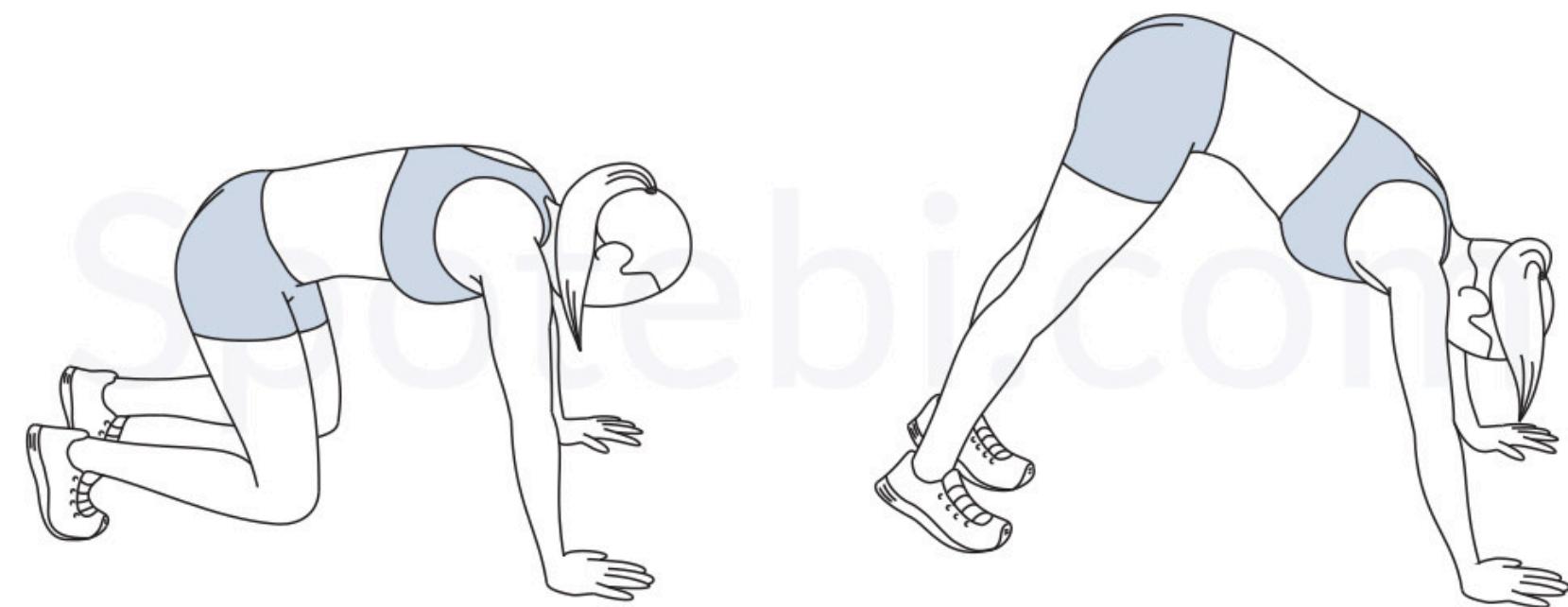
Ankle Hops



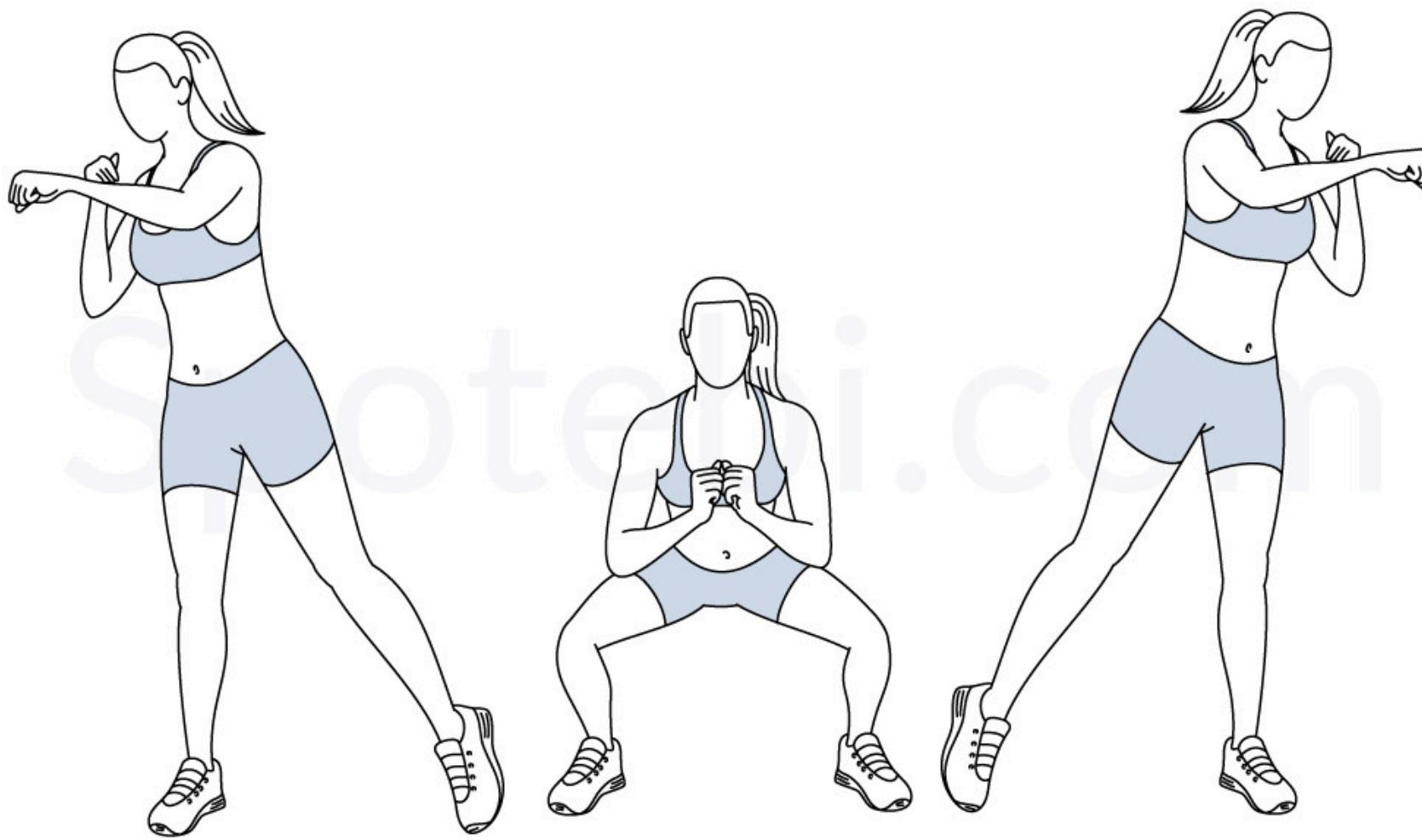
Arms Cross Side Lunge



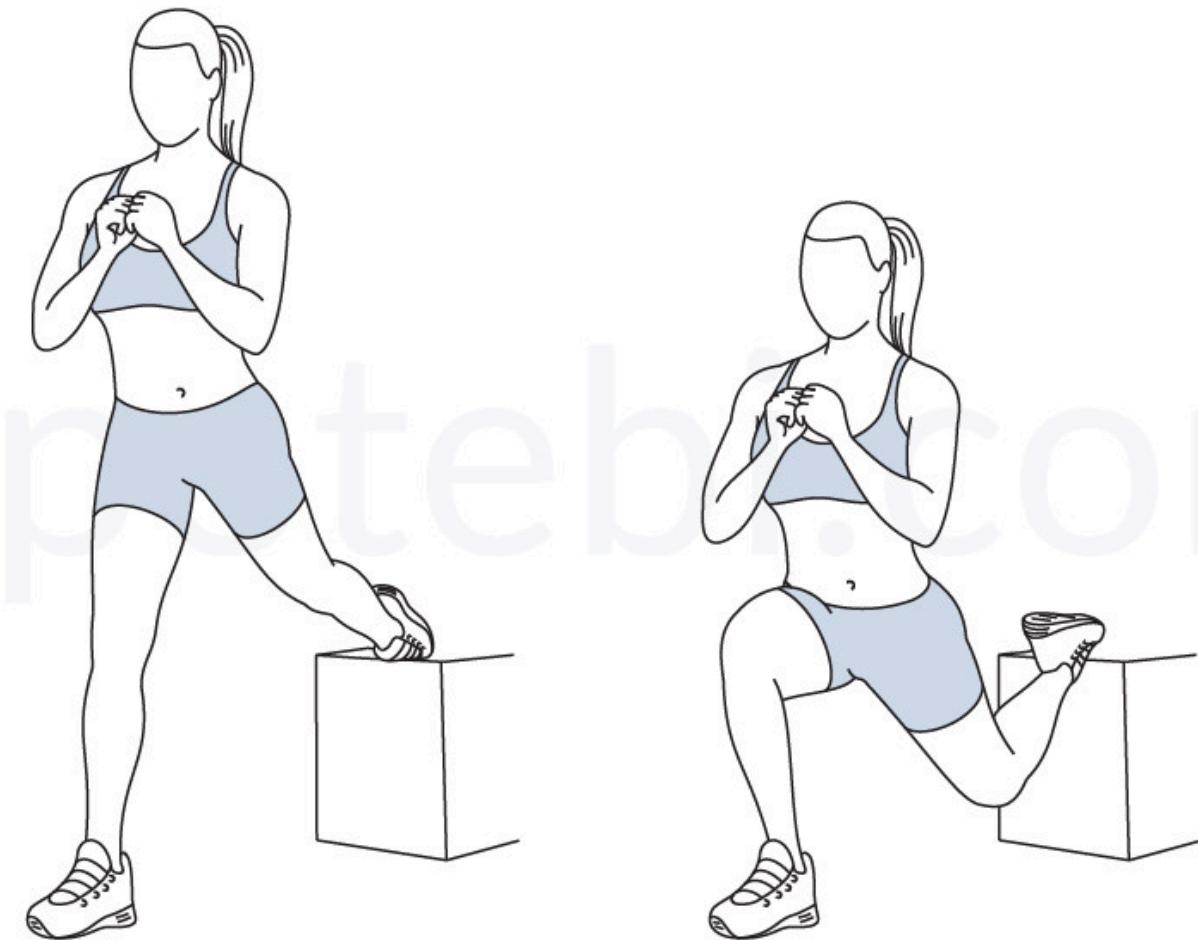
Bear Squat



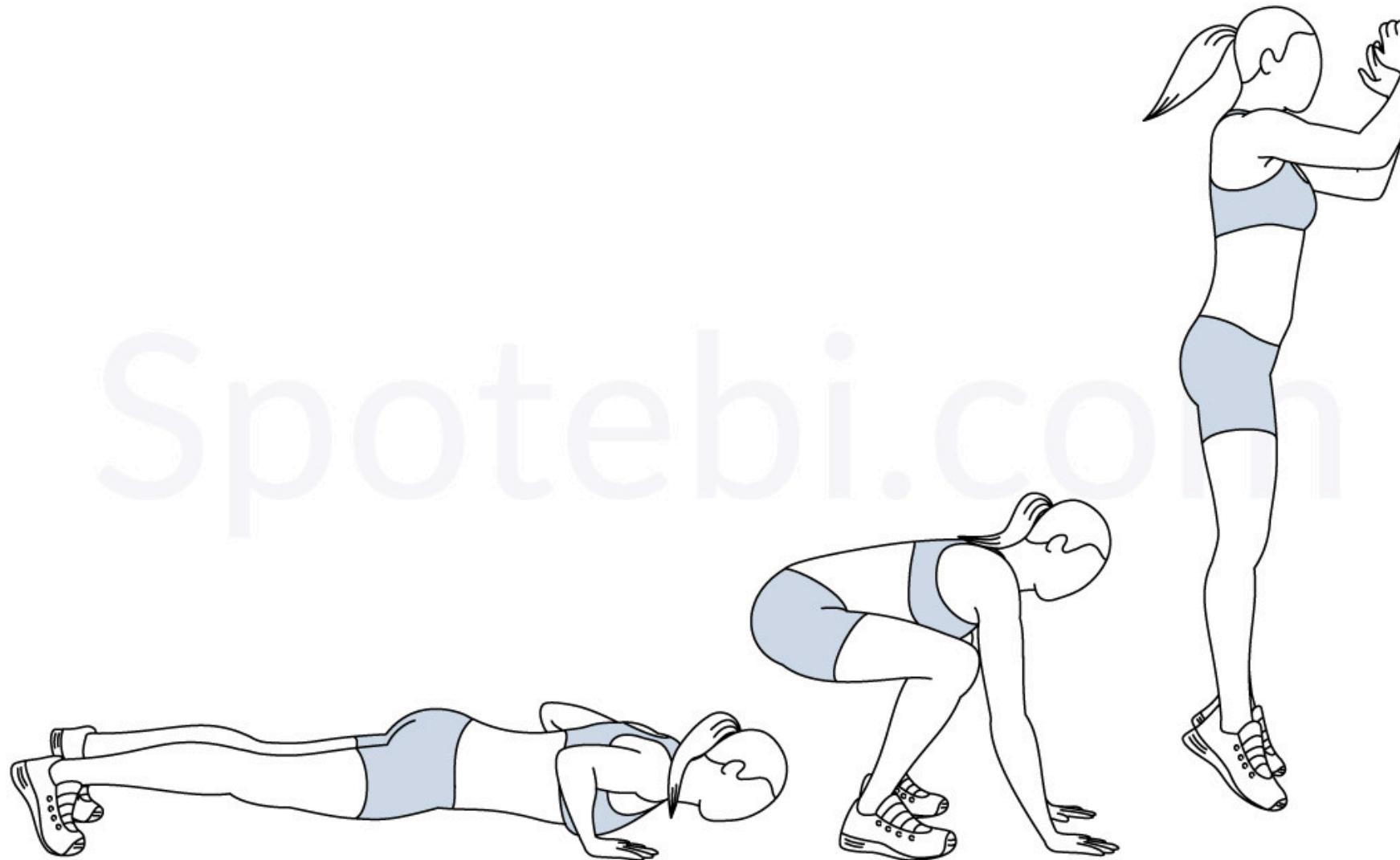
Boxer Squat Punch



Bulgarian Split Squat



Burpees

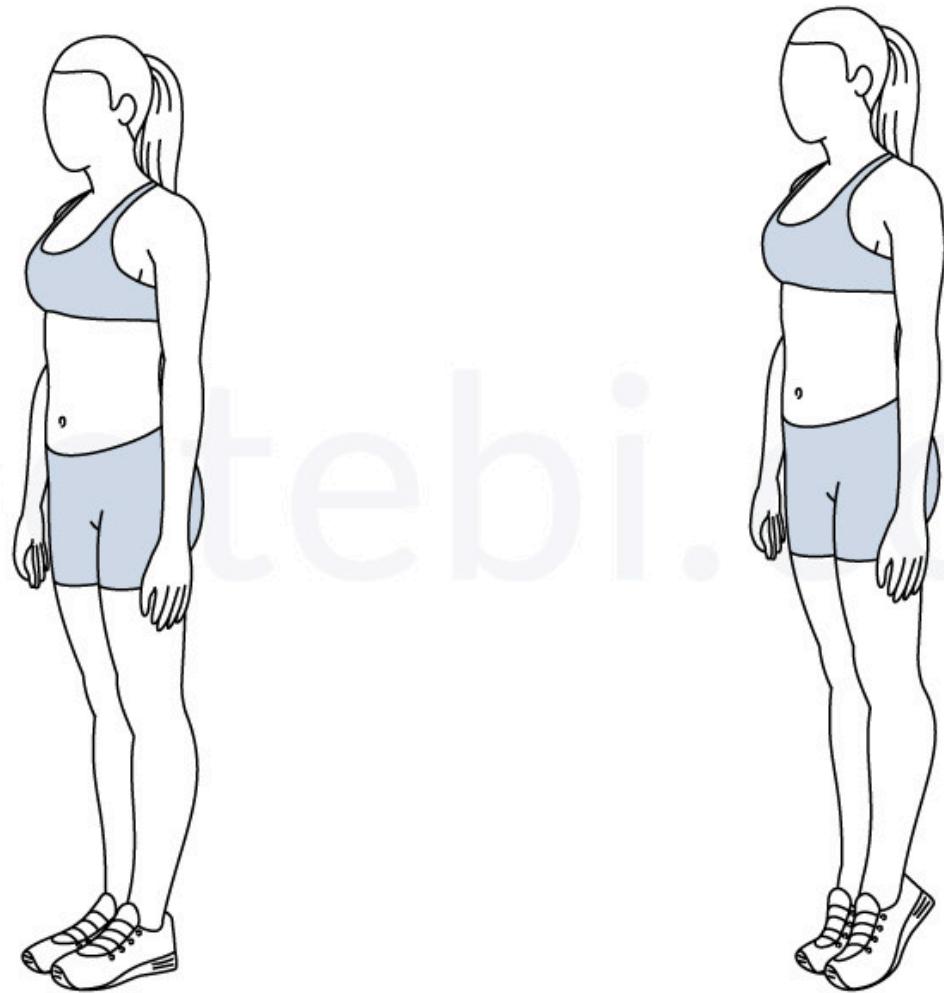


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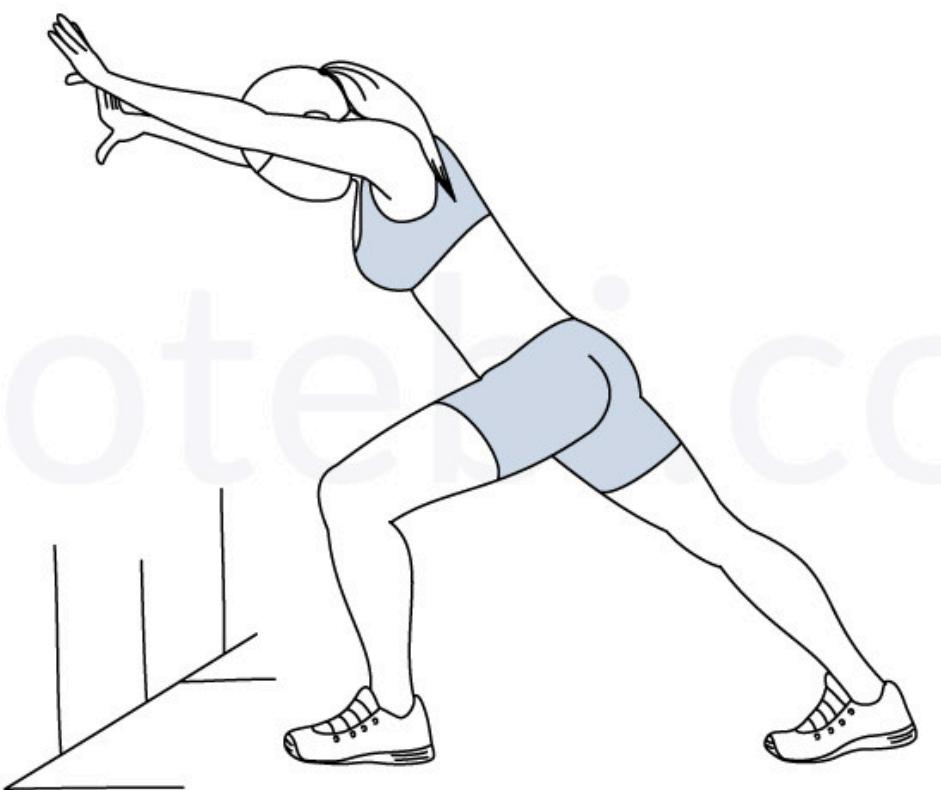
Butterfly Stretch



Calf Raises

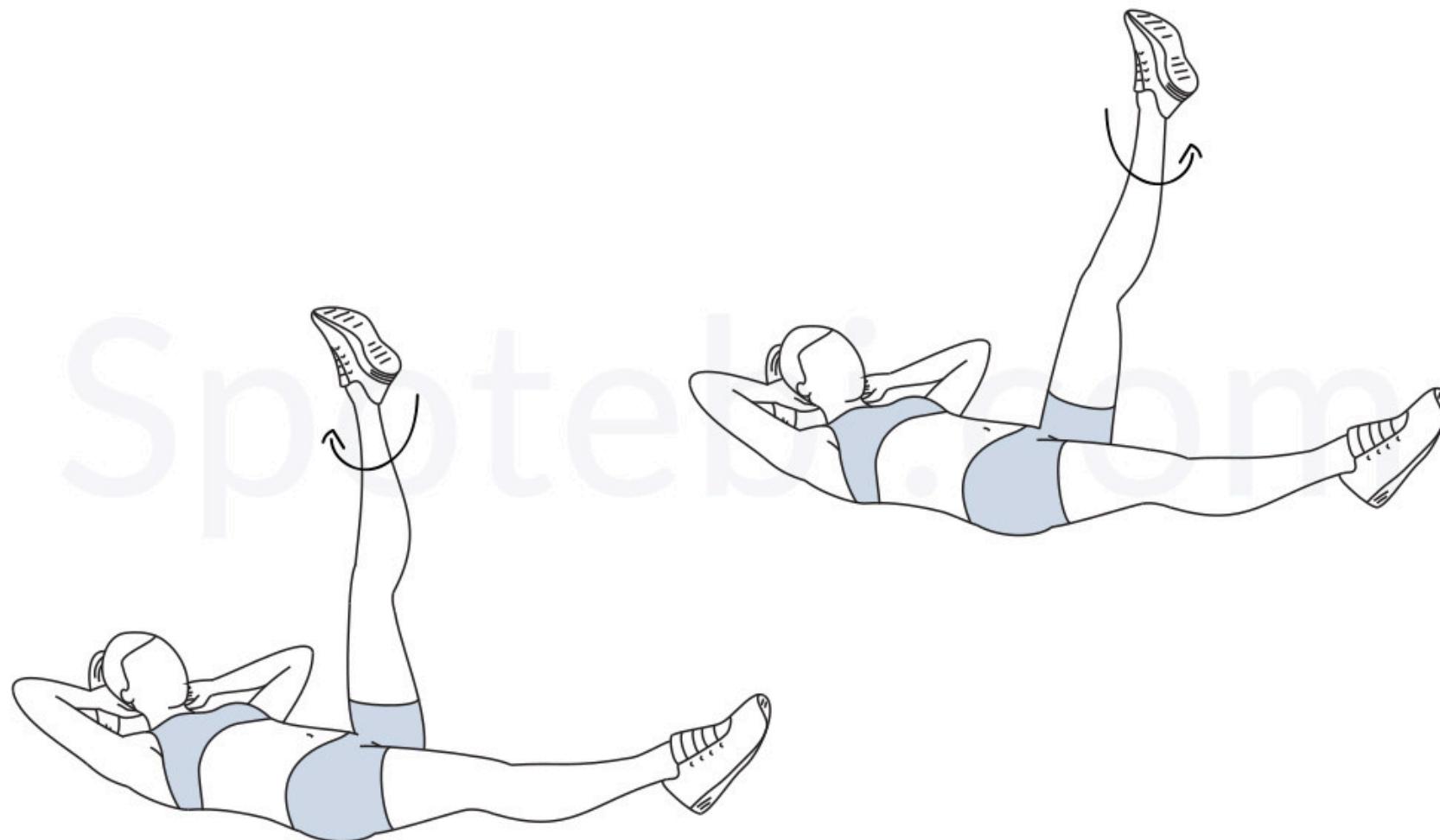


Calf Stretch

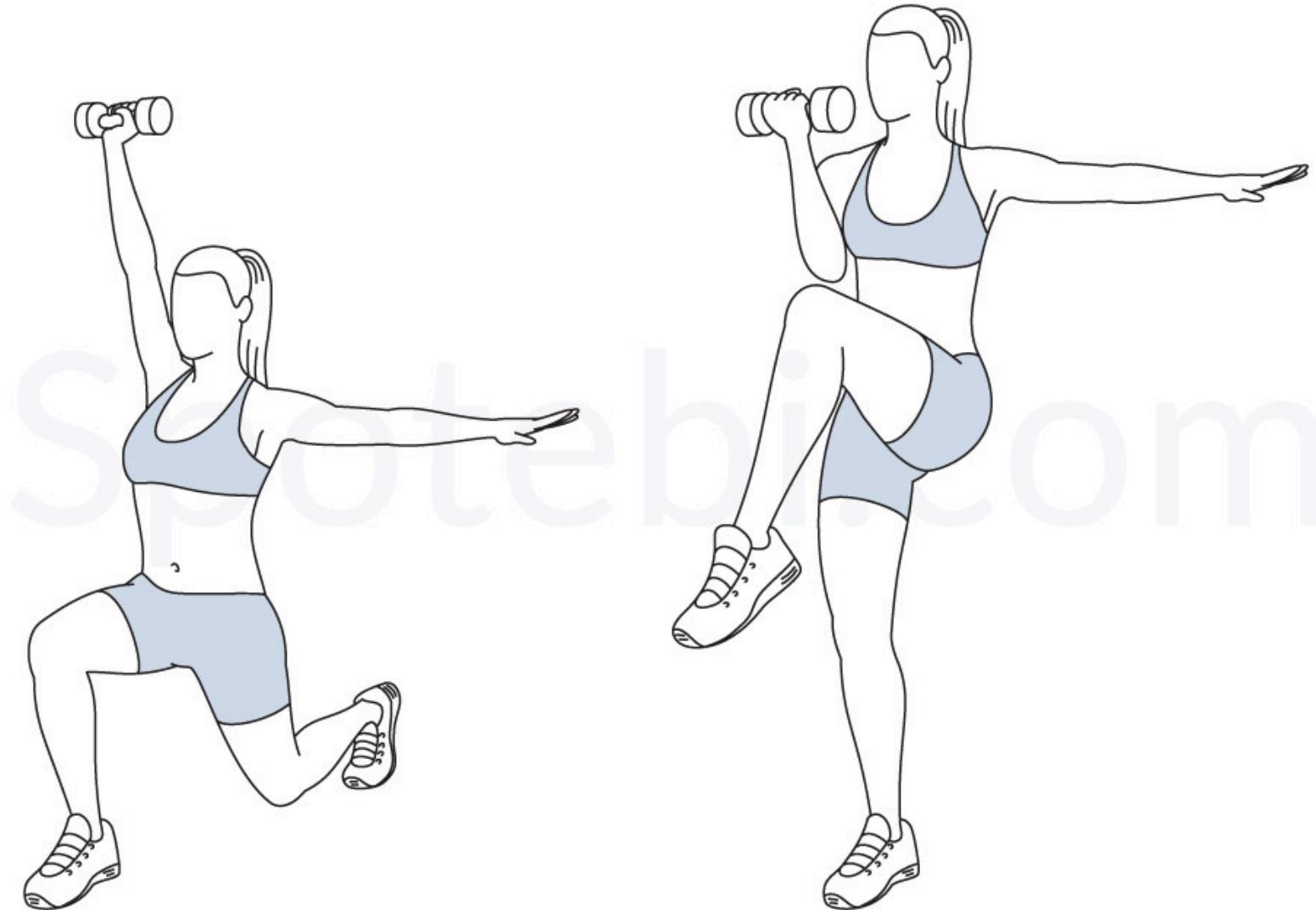


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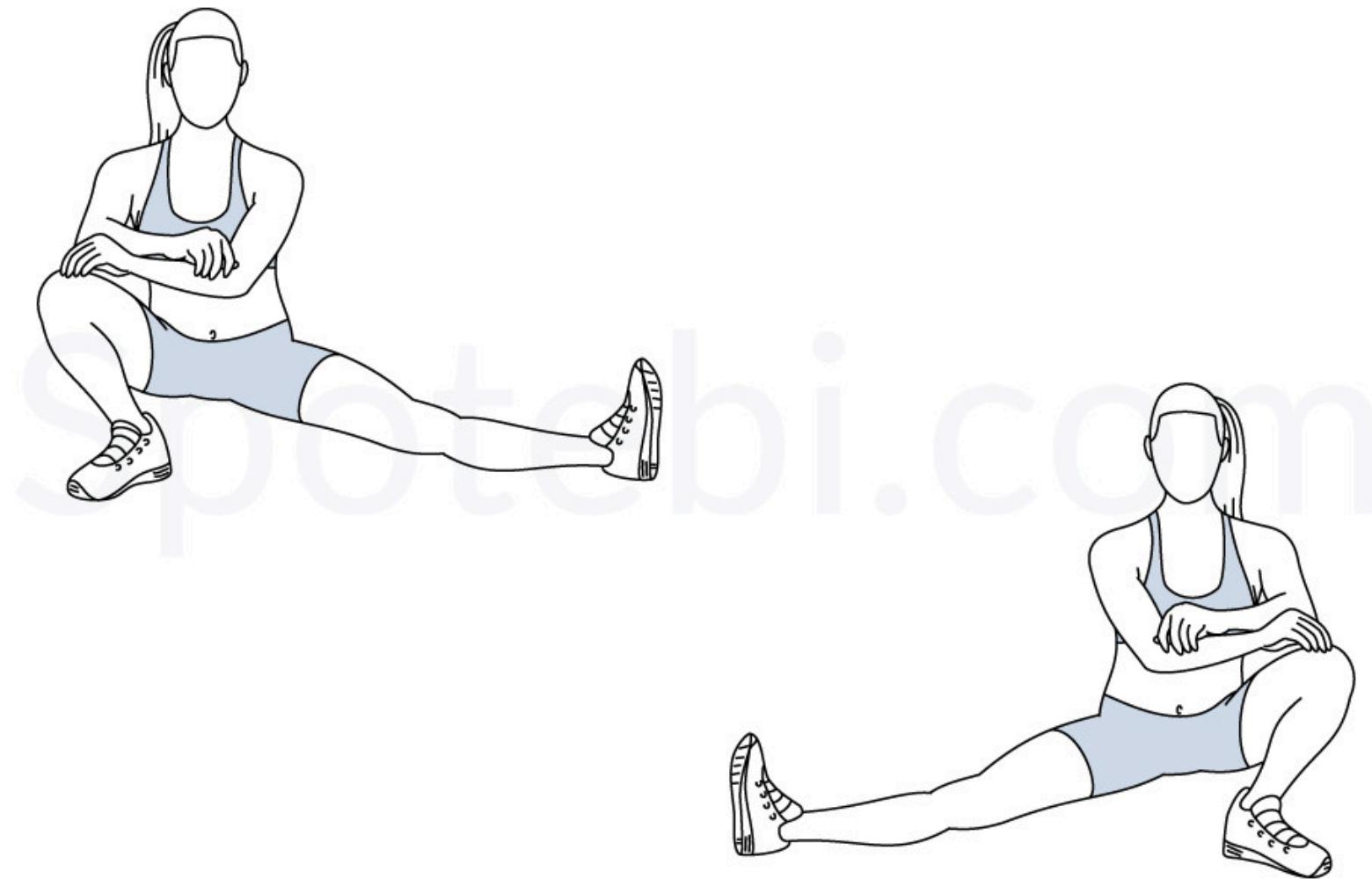
Circles In The Sky



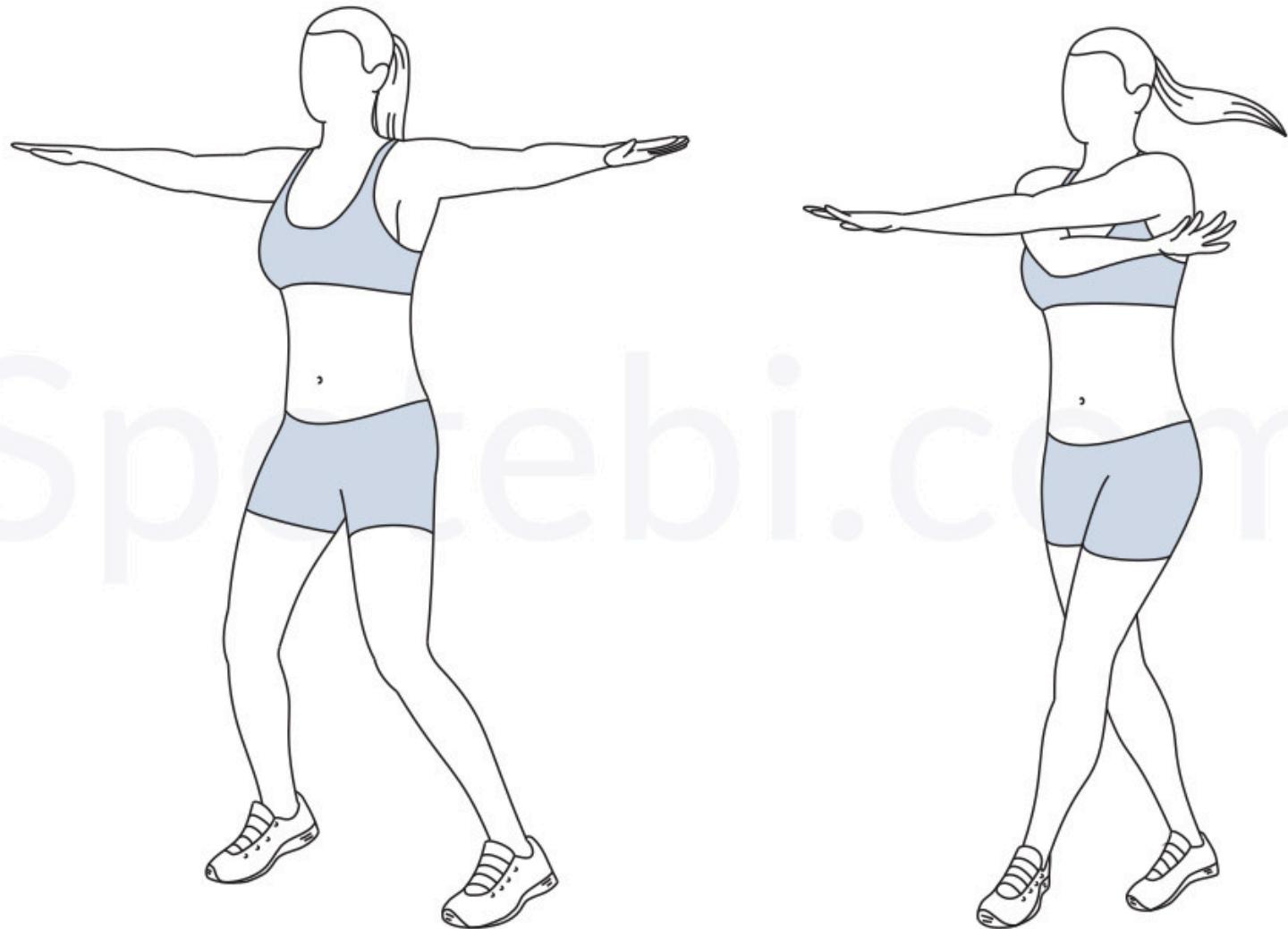
Core Control Rear Lunge



Cossack Squat

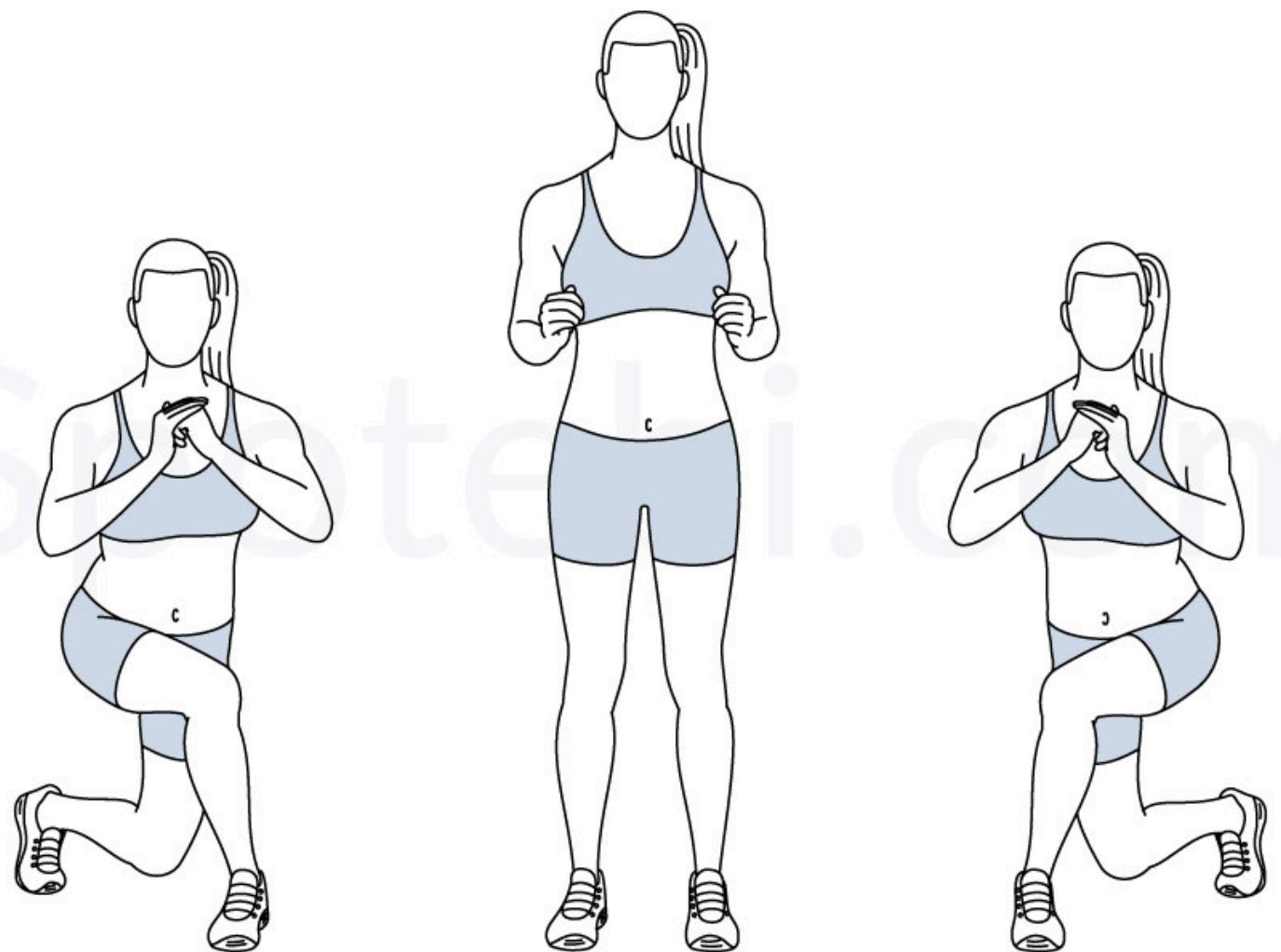


Cross Jacks

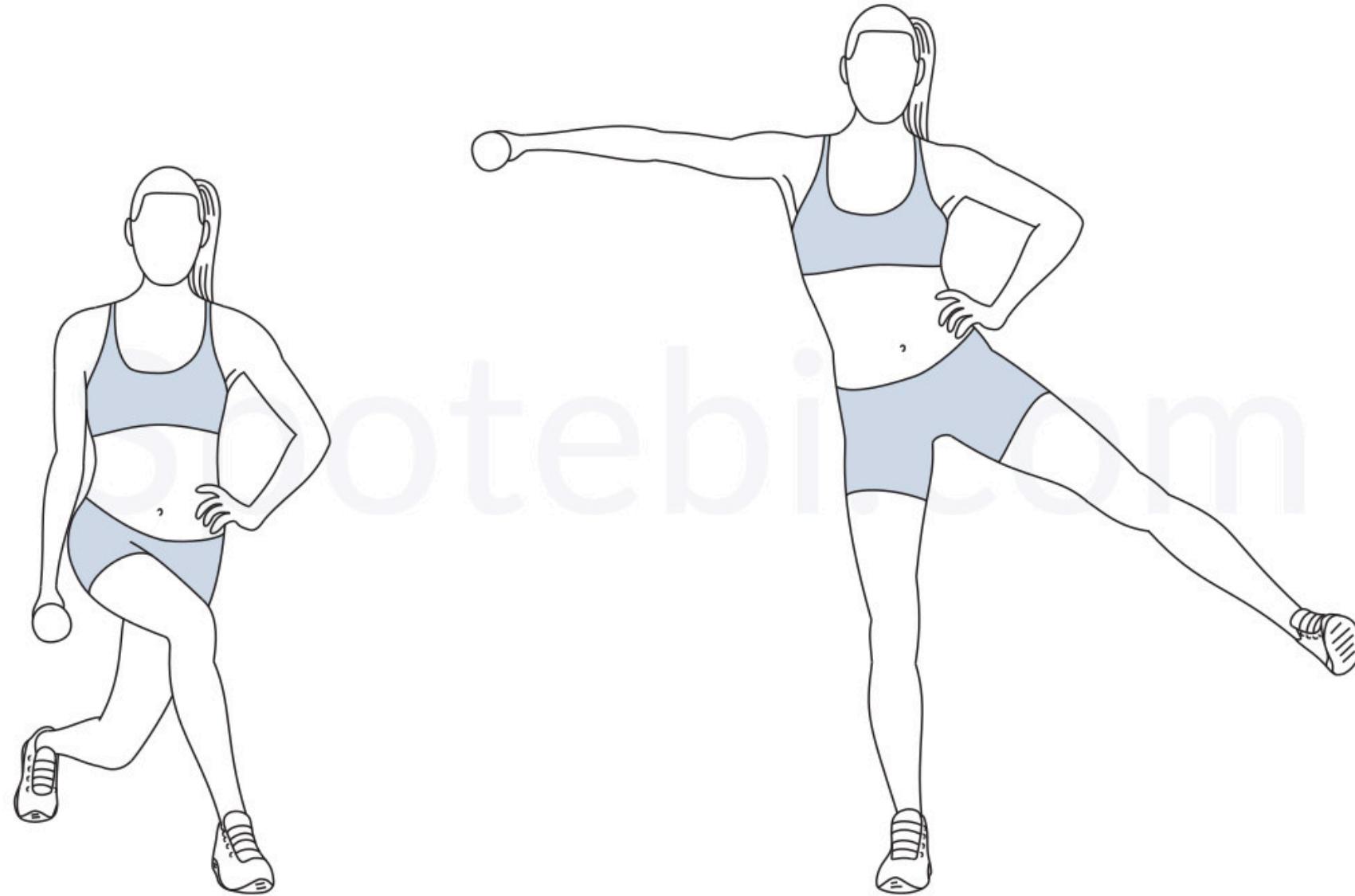


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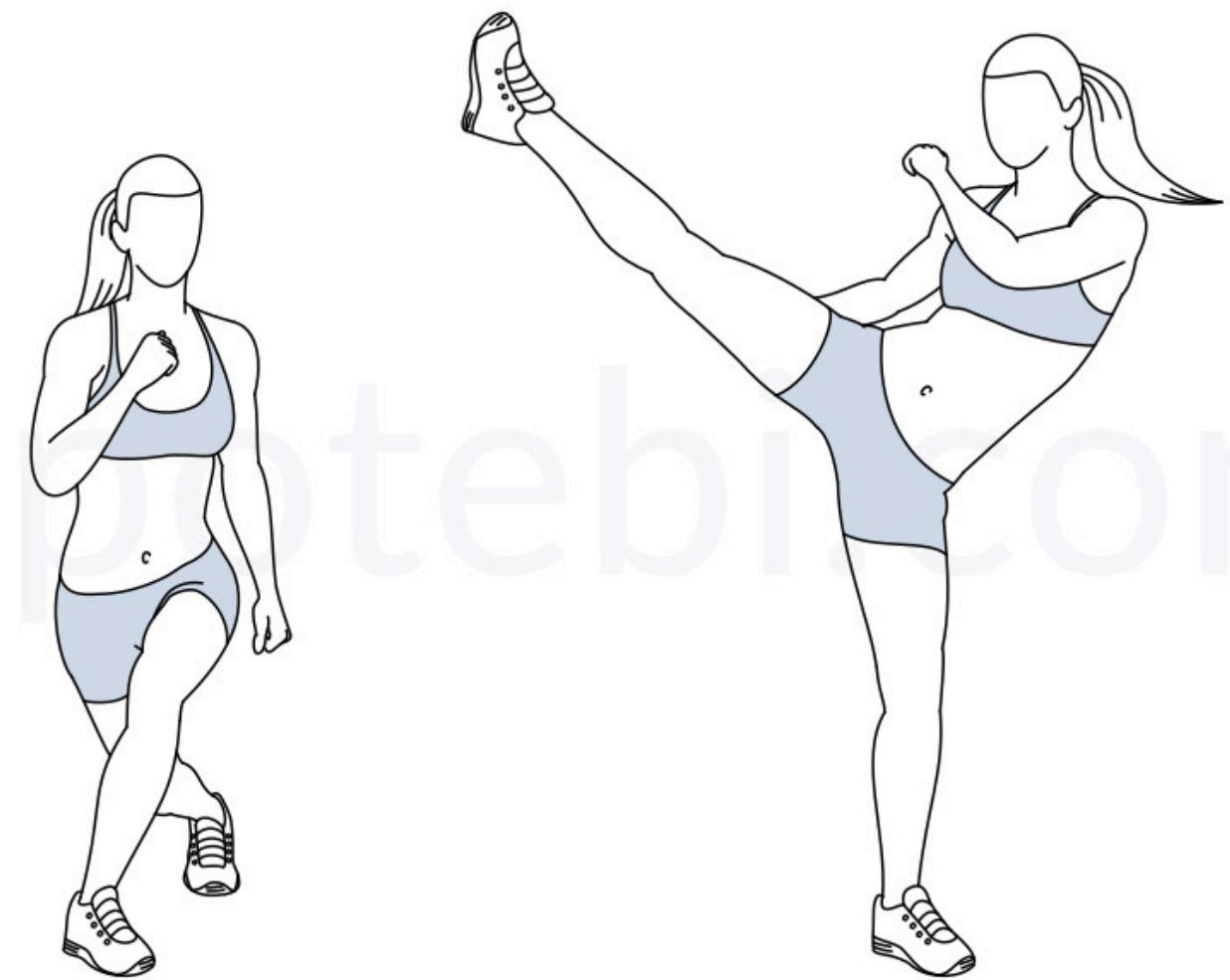
Curtsy Lunge



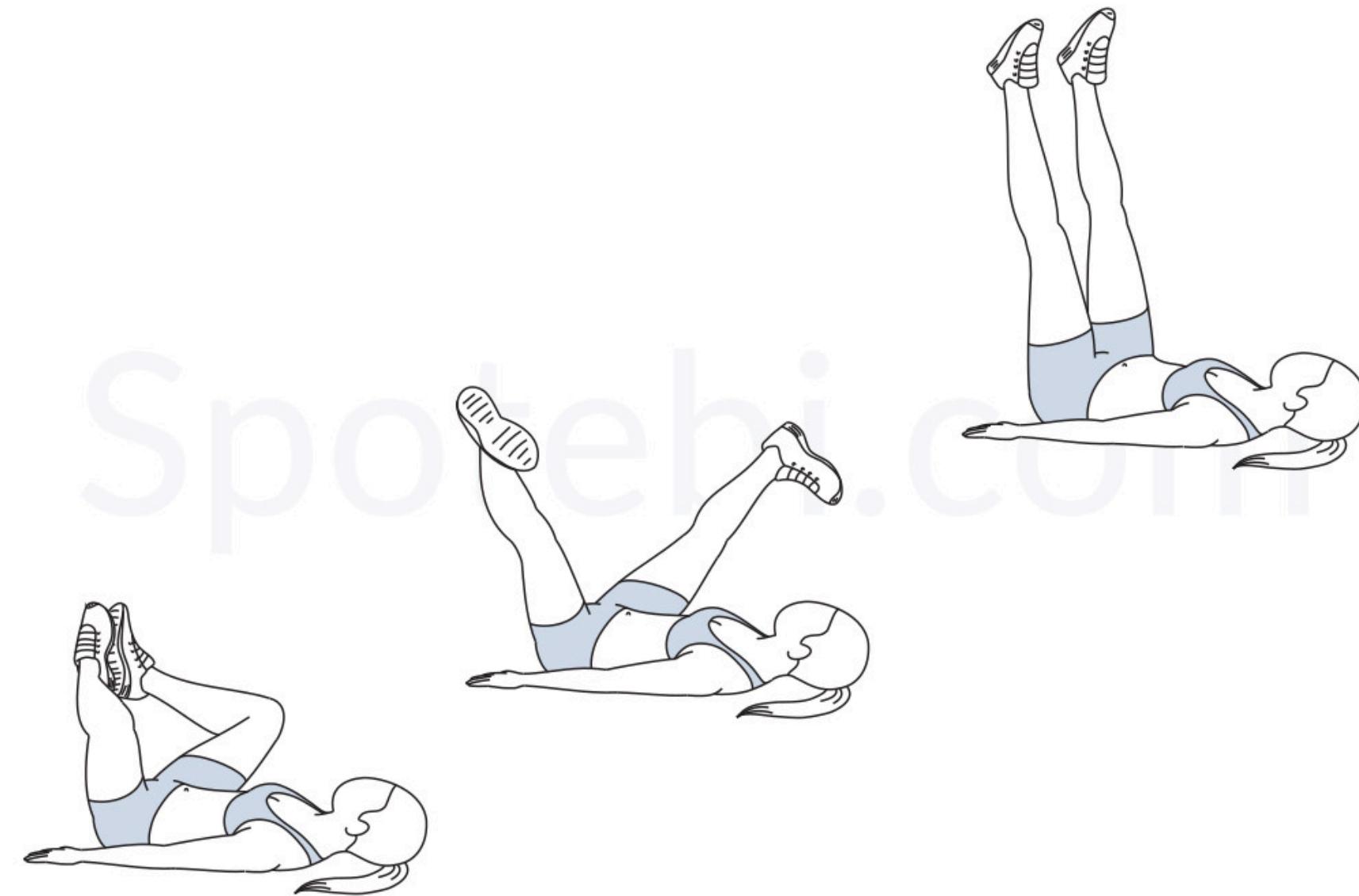
Curtsy Lunge Side Kick Raise



Curtsy Lunge Side Kick

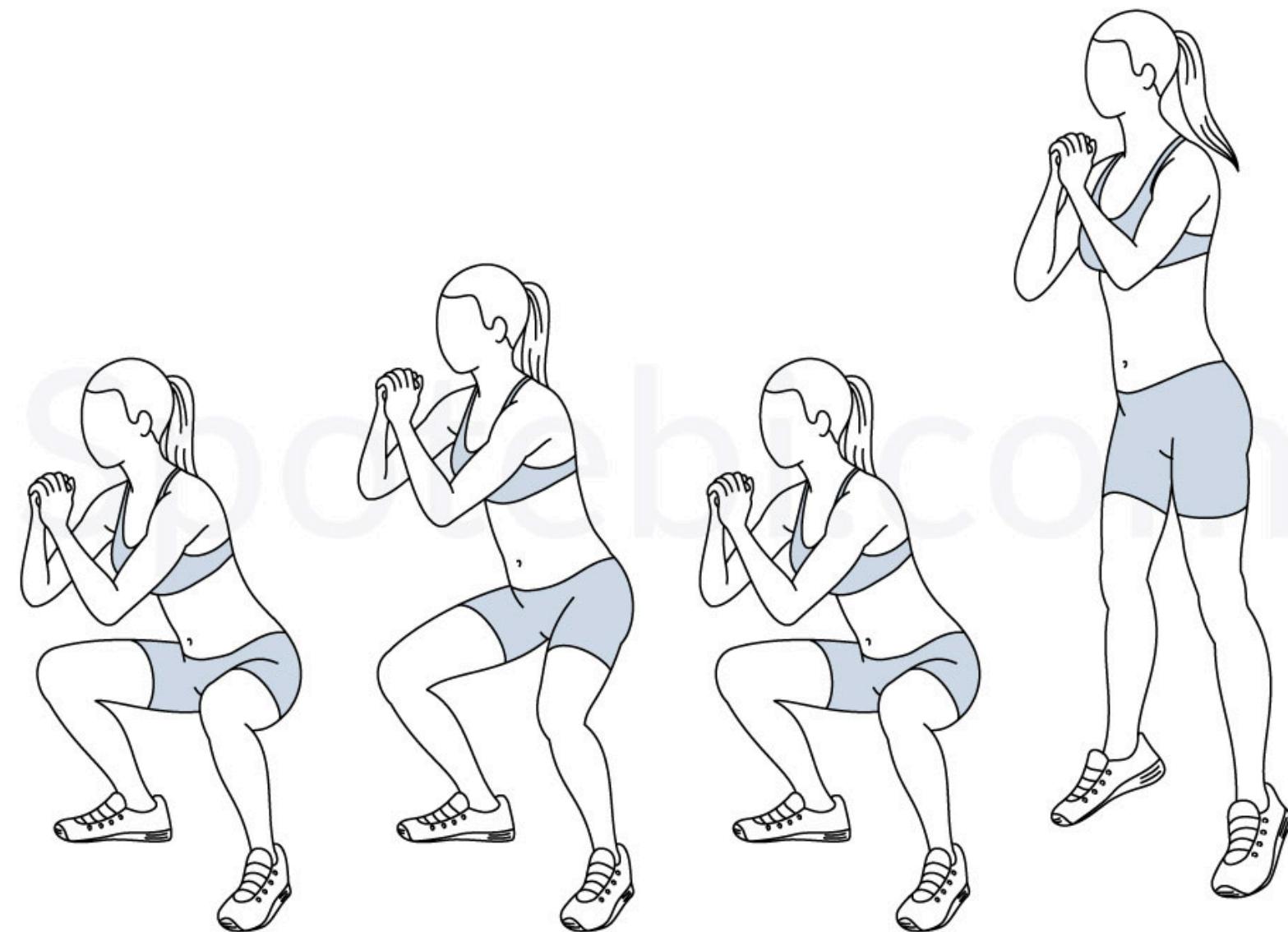


Diamond Kicks

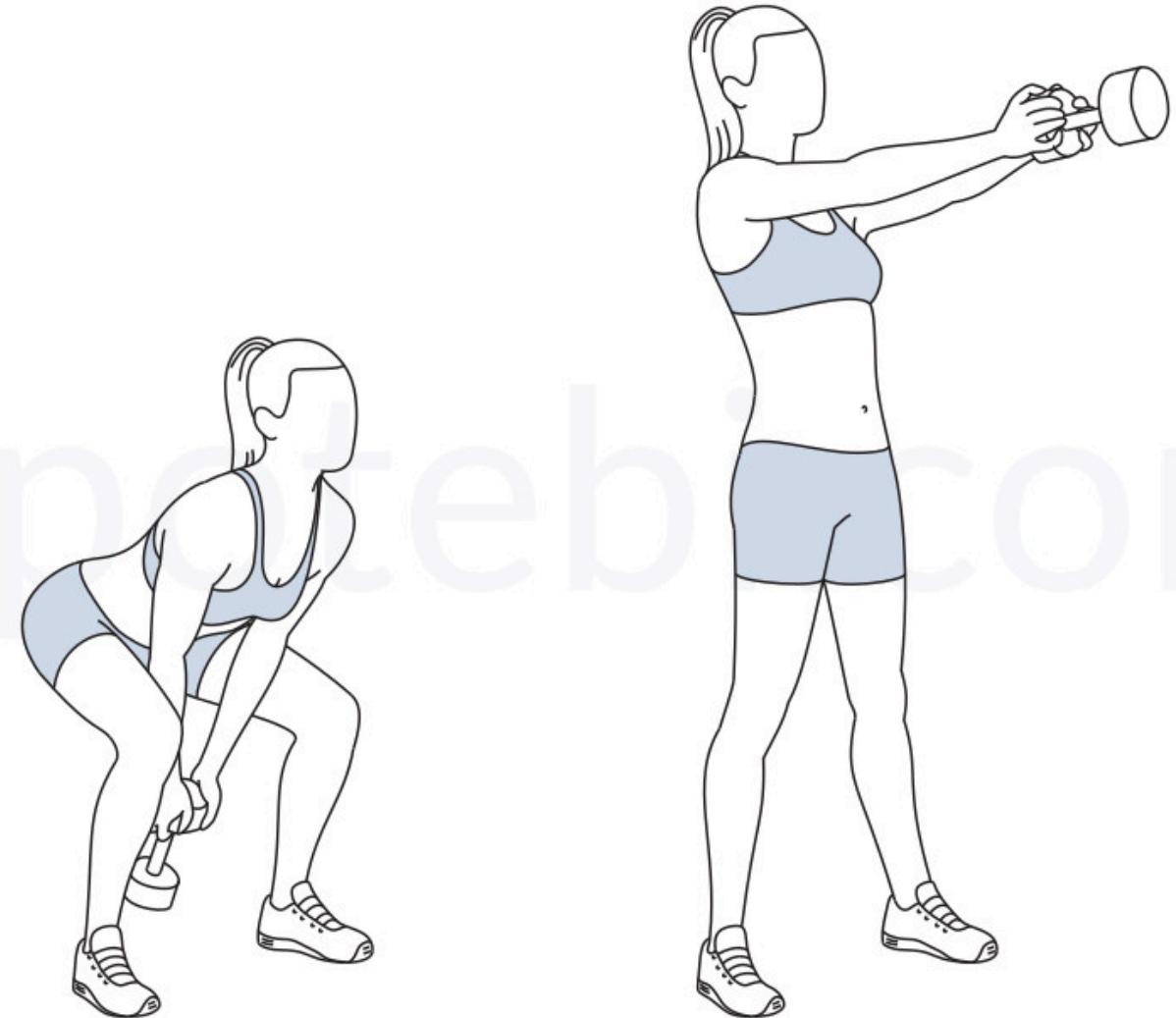


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Double Pulse Squat Jump



Dumbbell Swing



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Dumbbell Thrusters

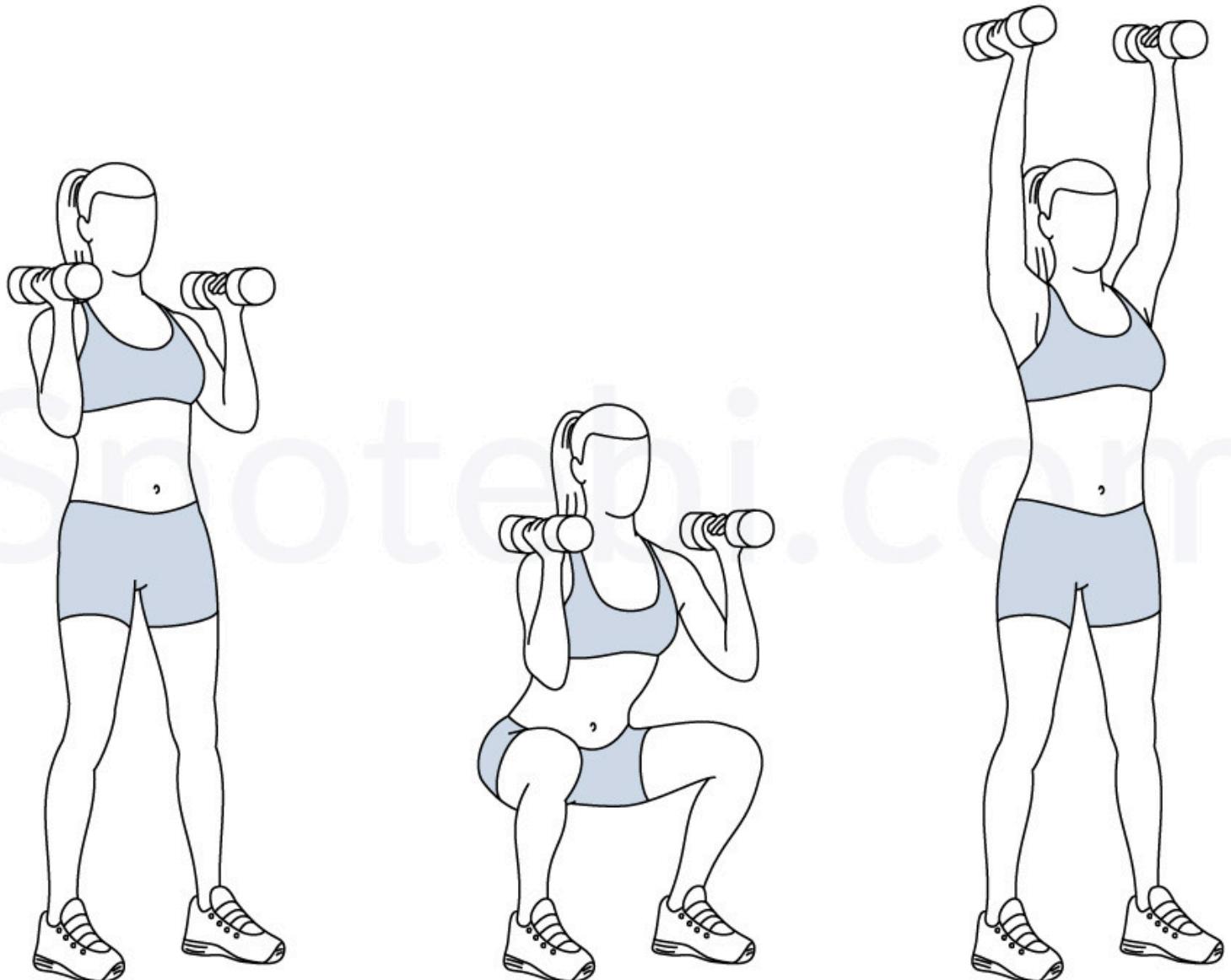
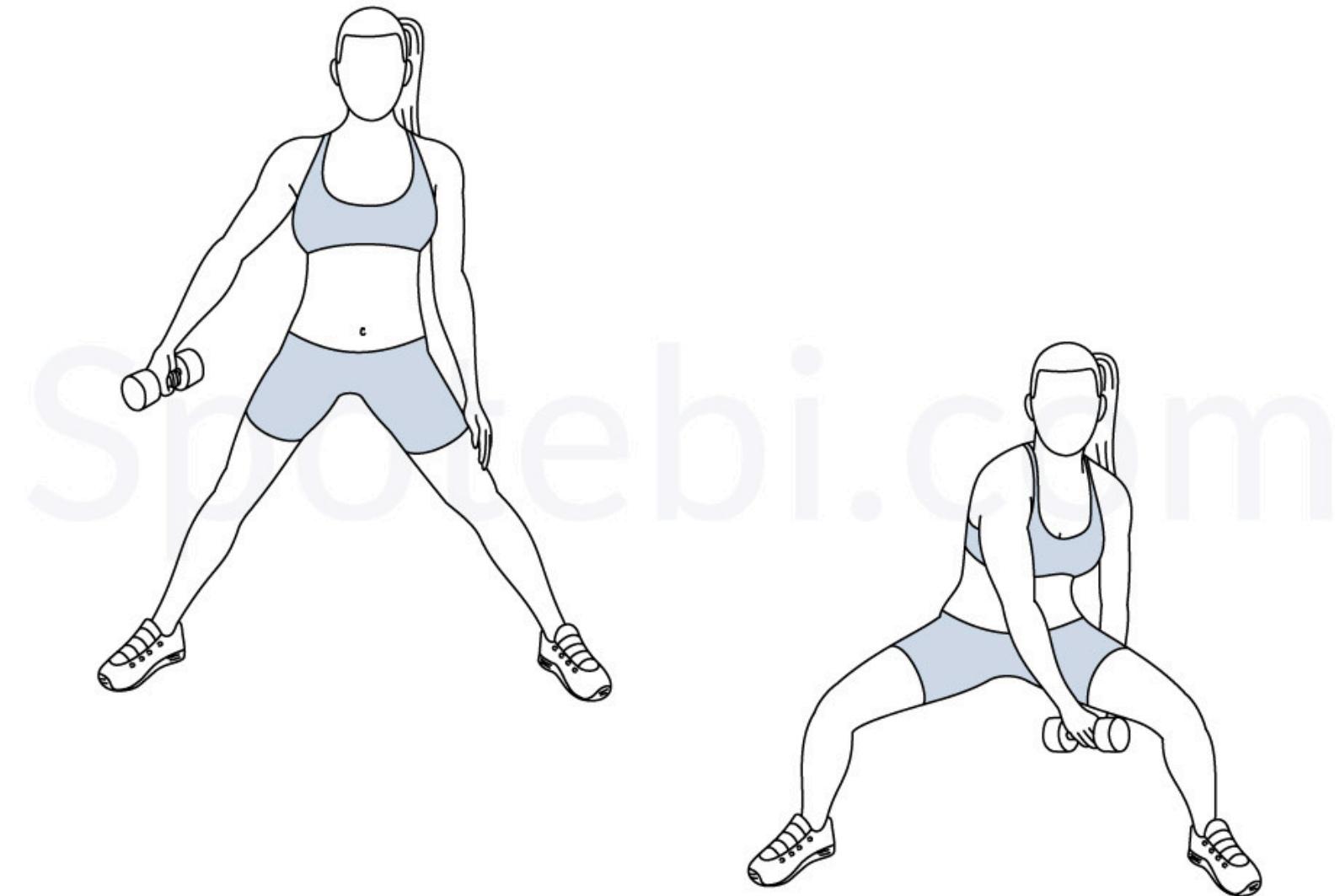
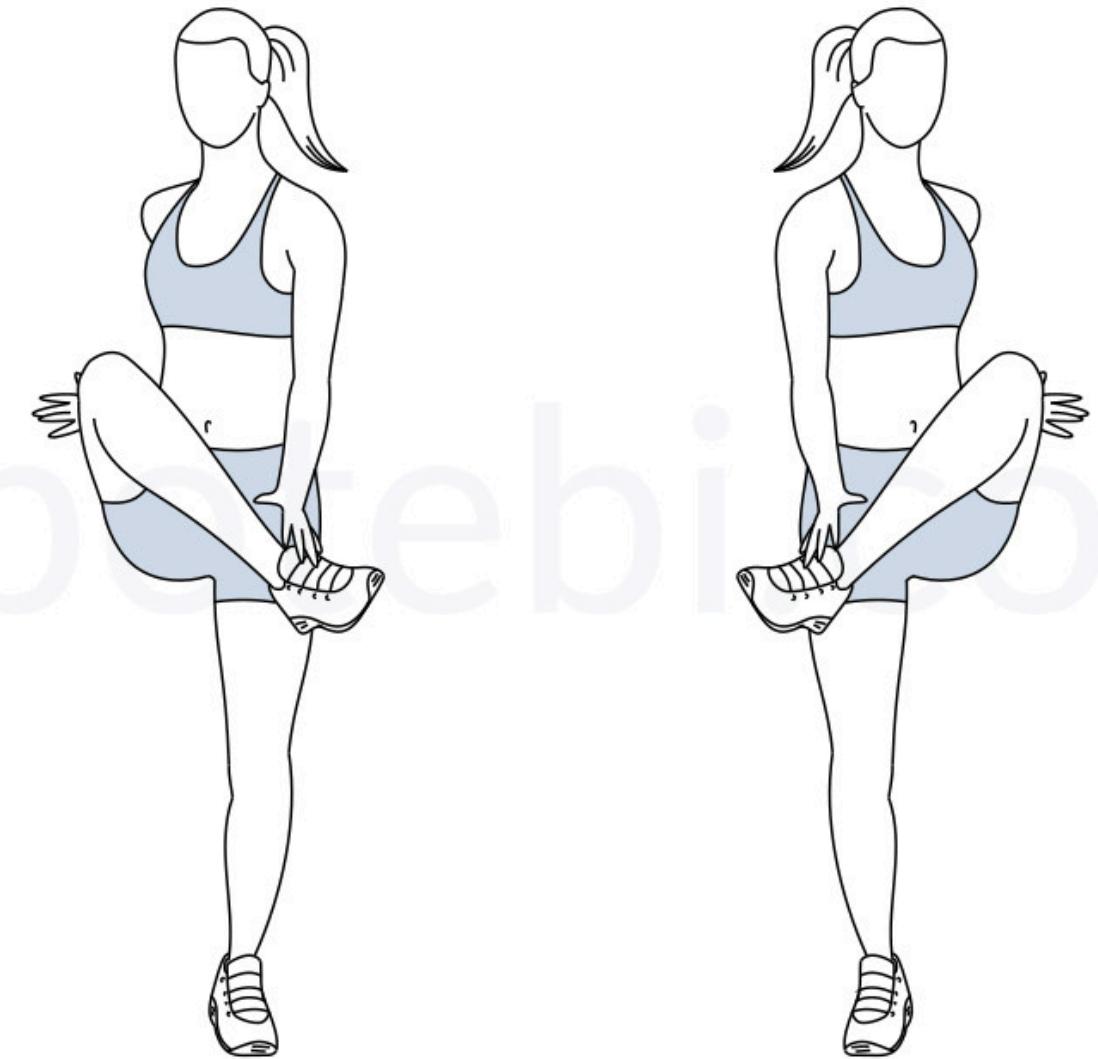


Figure 8 Squat



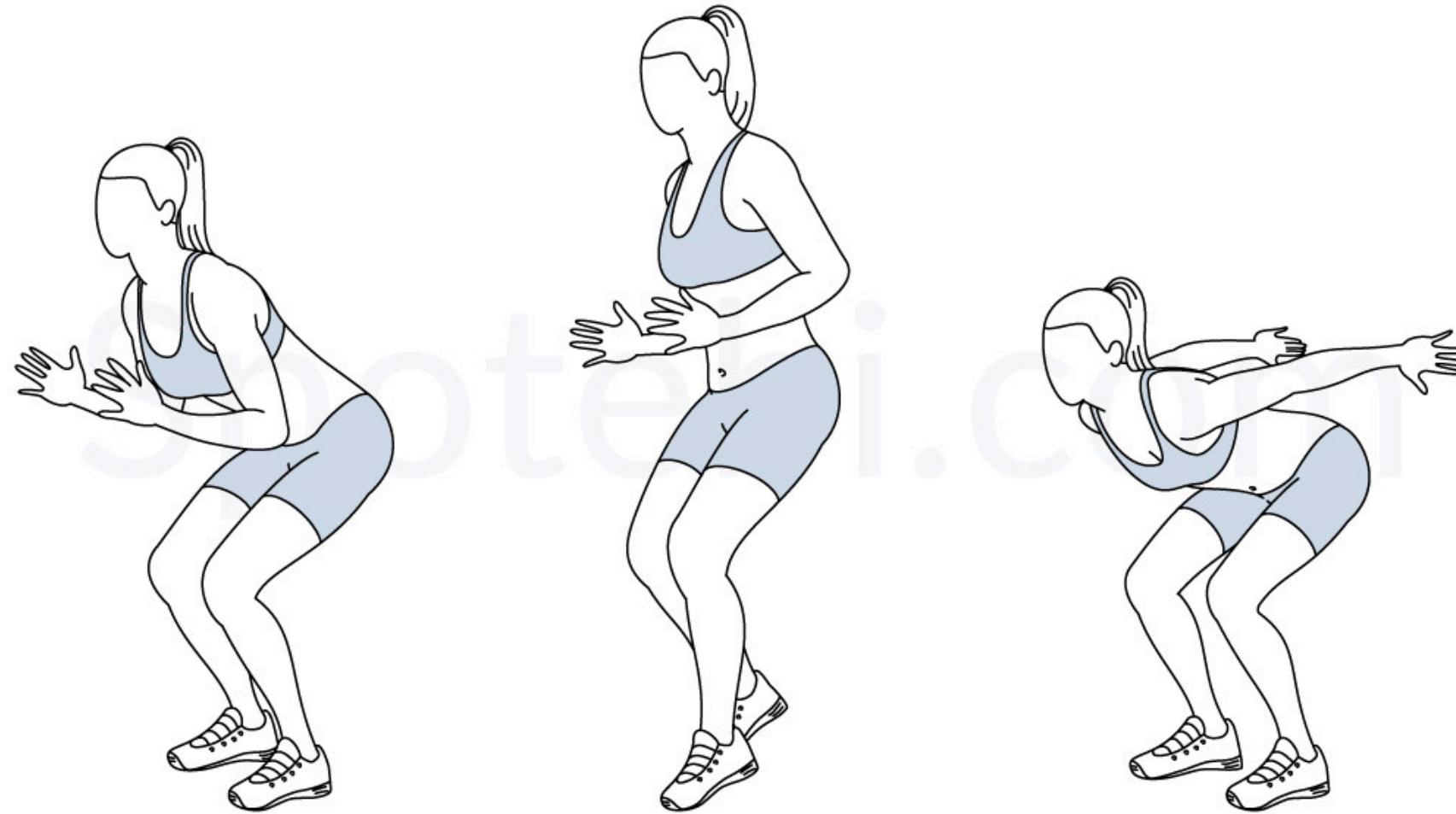
Fingertip To Toe Jacks



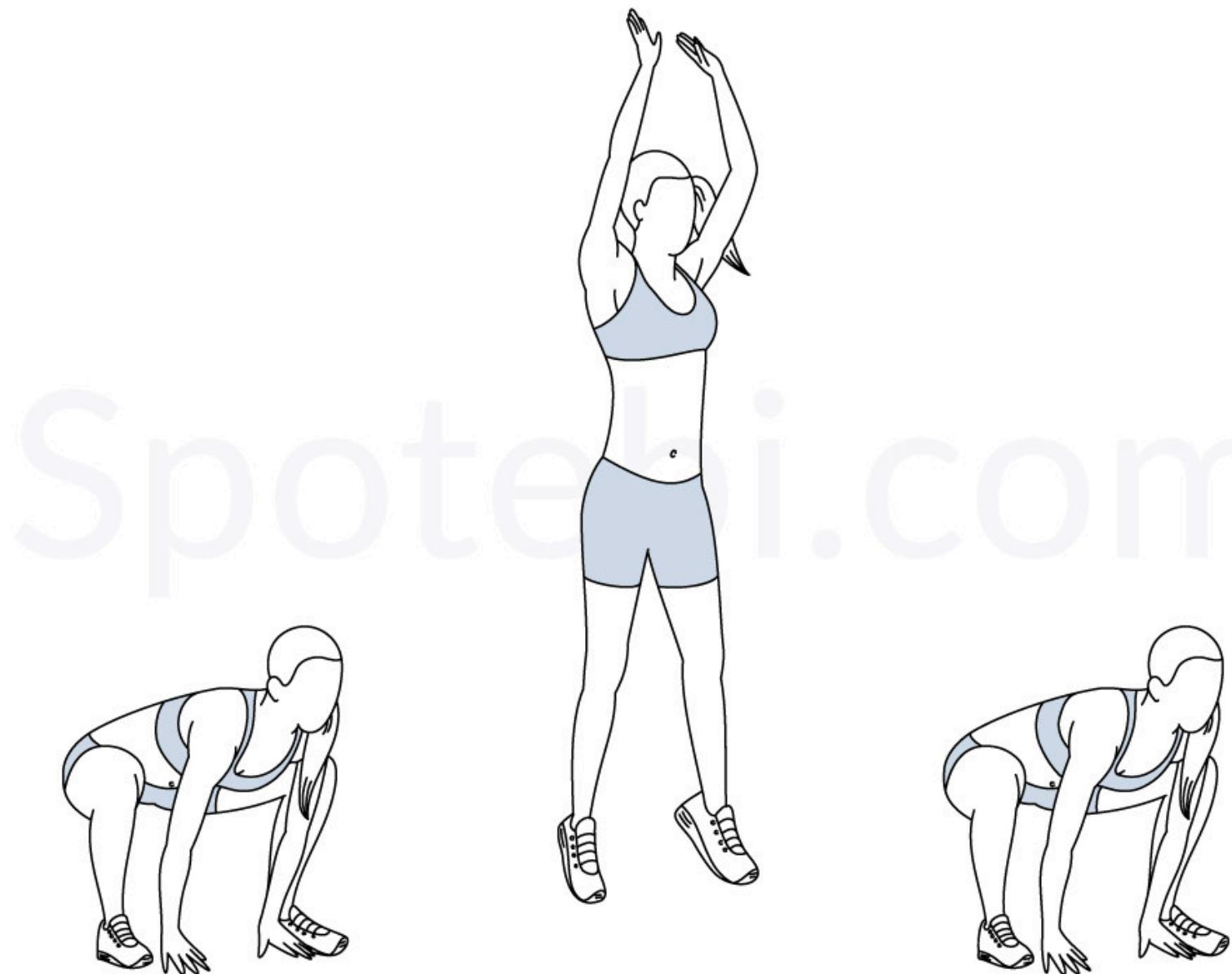
Flutter Kick Squats



Forward Jump Shuffle Back

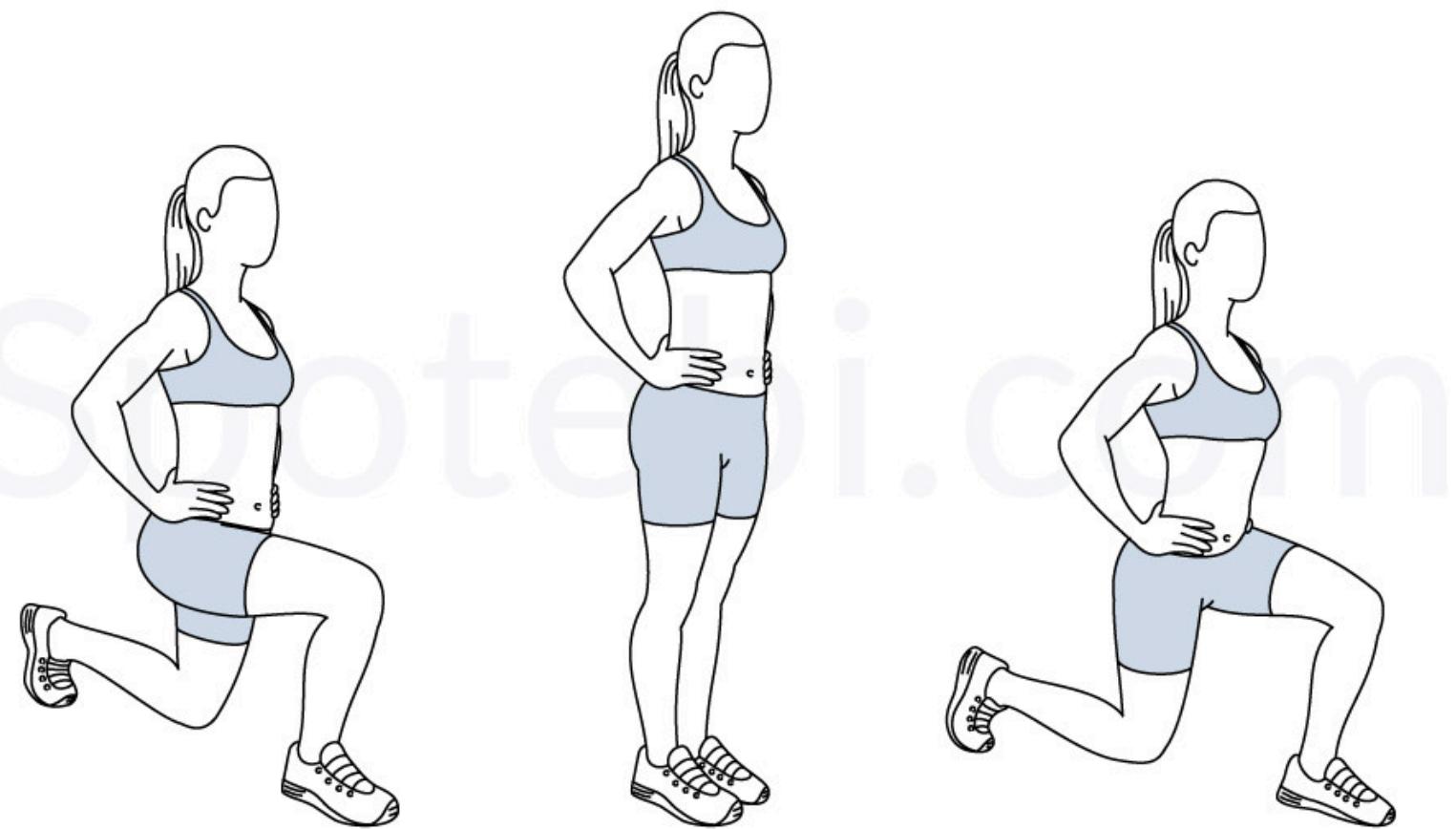


Frog Jumps

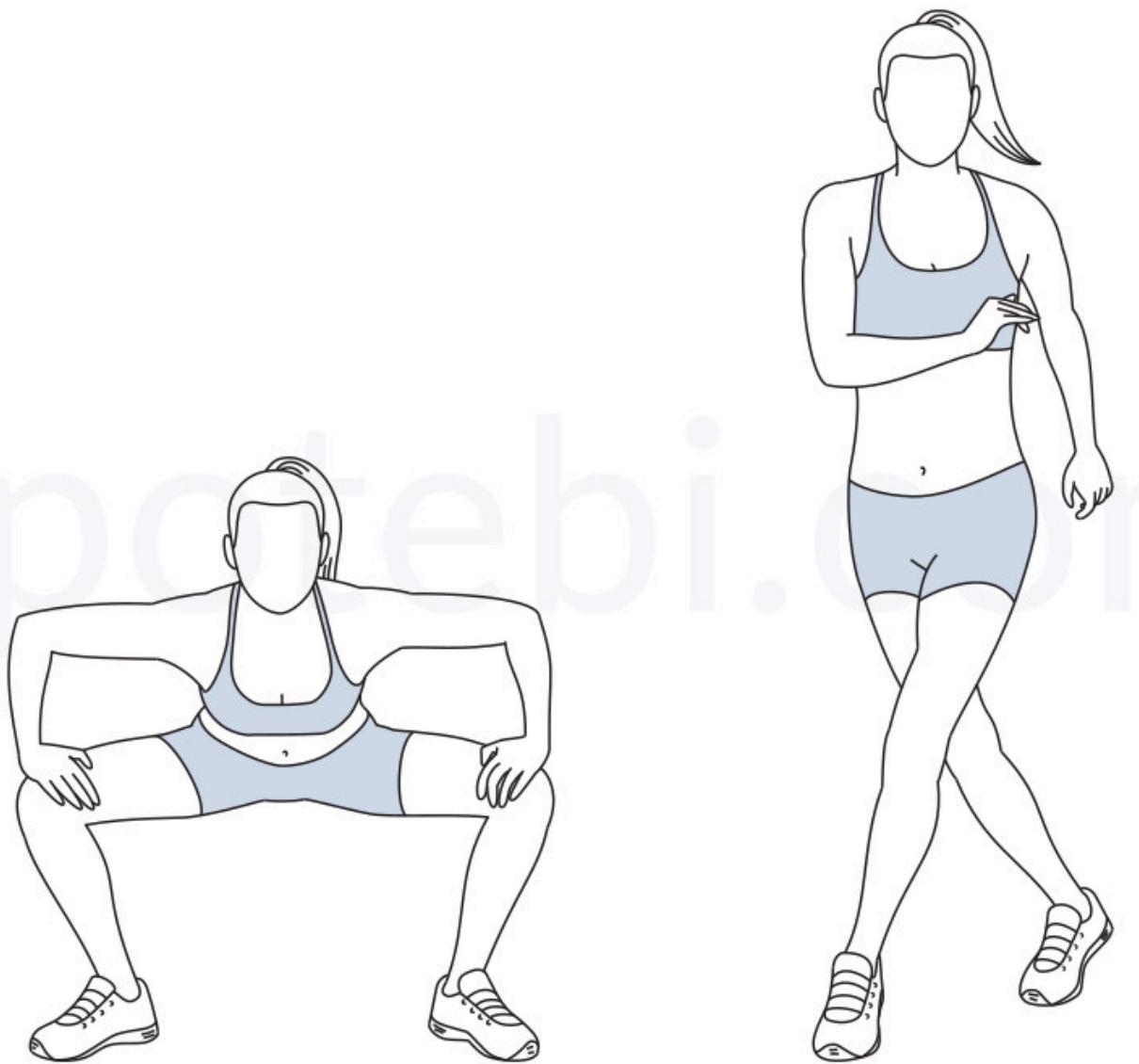


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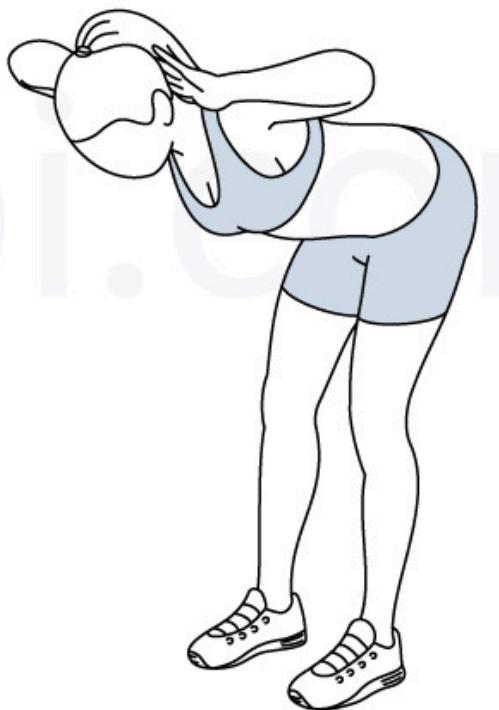
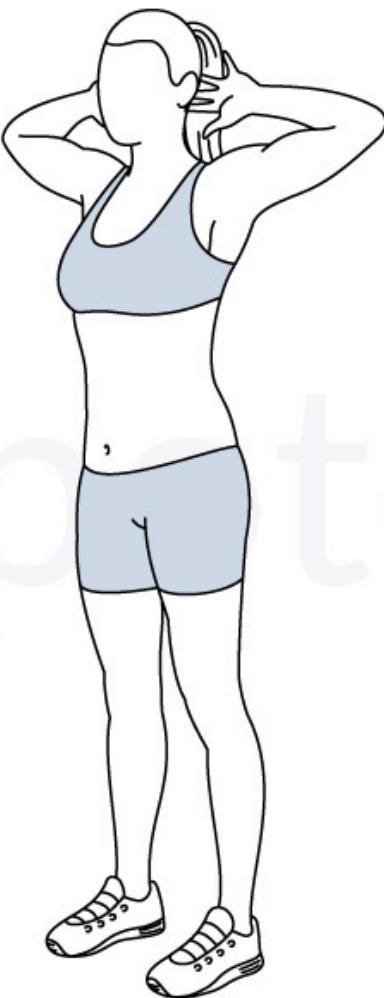
Front And Back Lunges



Gate Swings

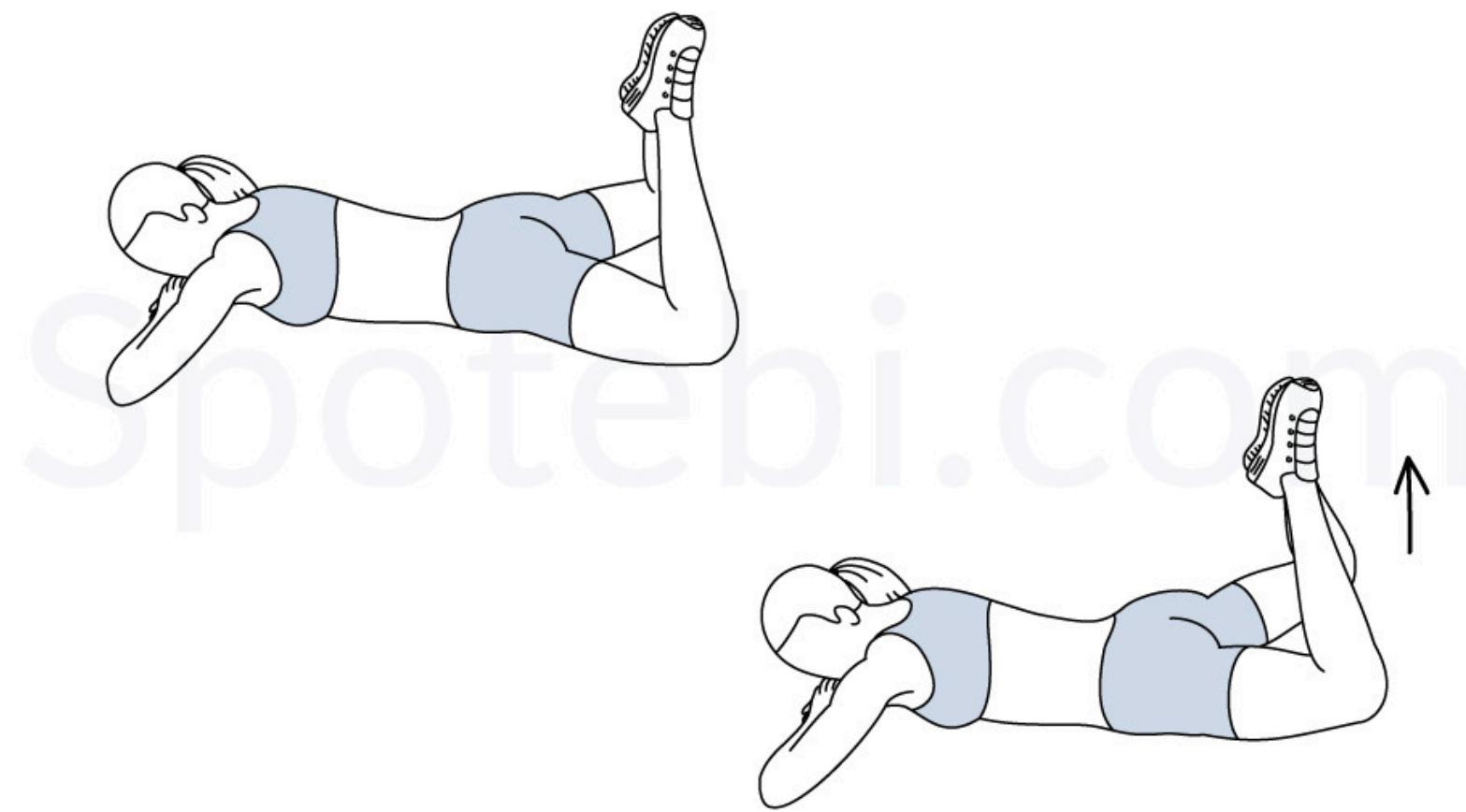


Good Mornings

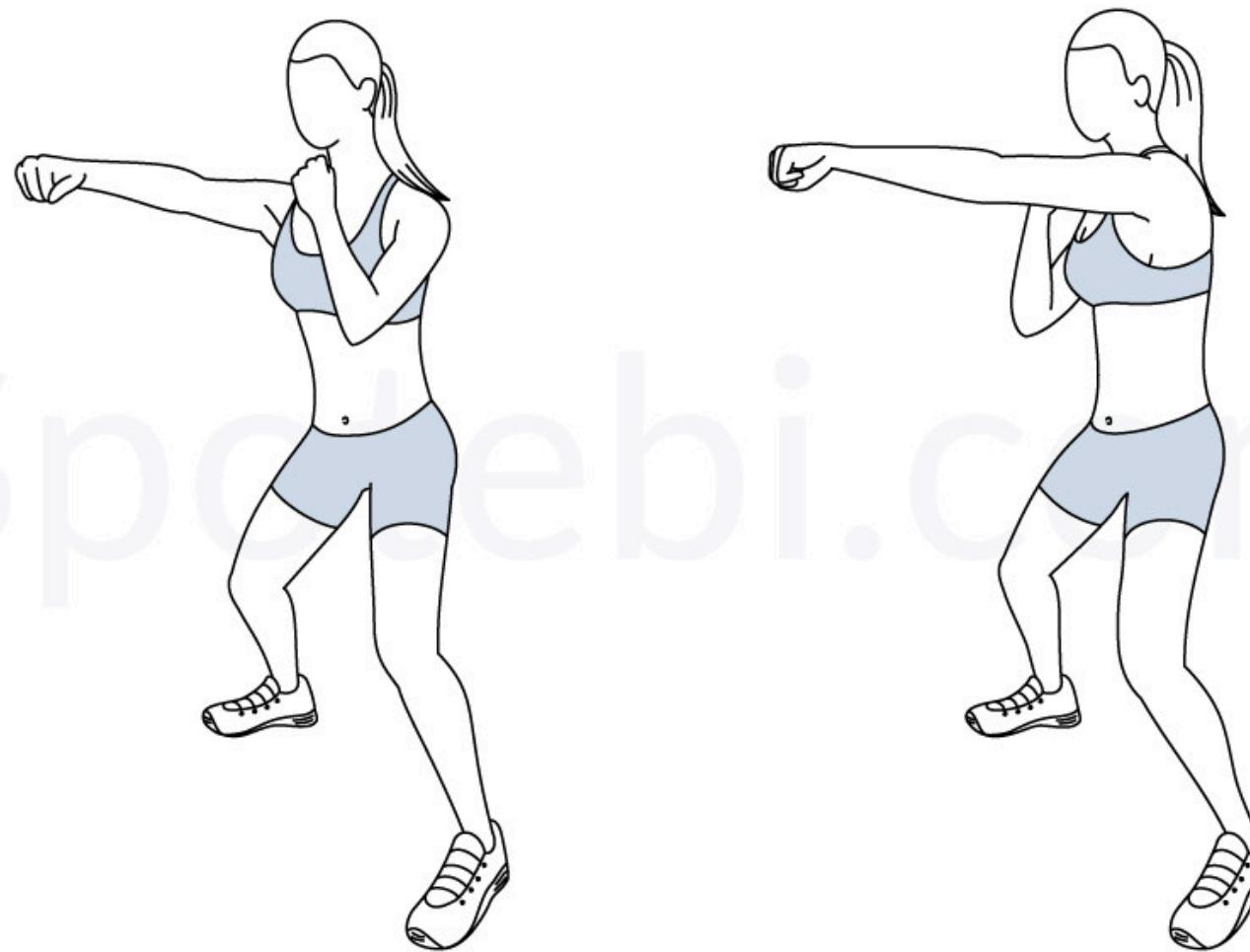


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Pilates Grasshopper



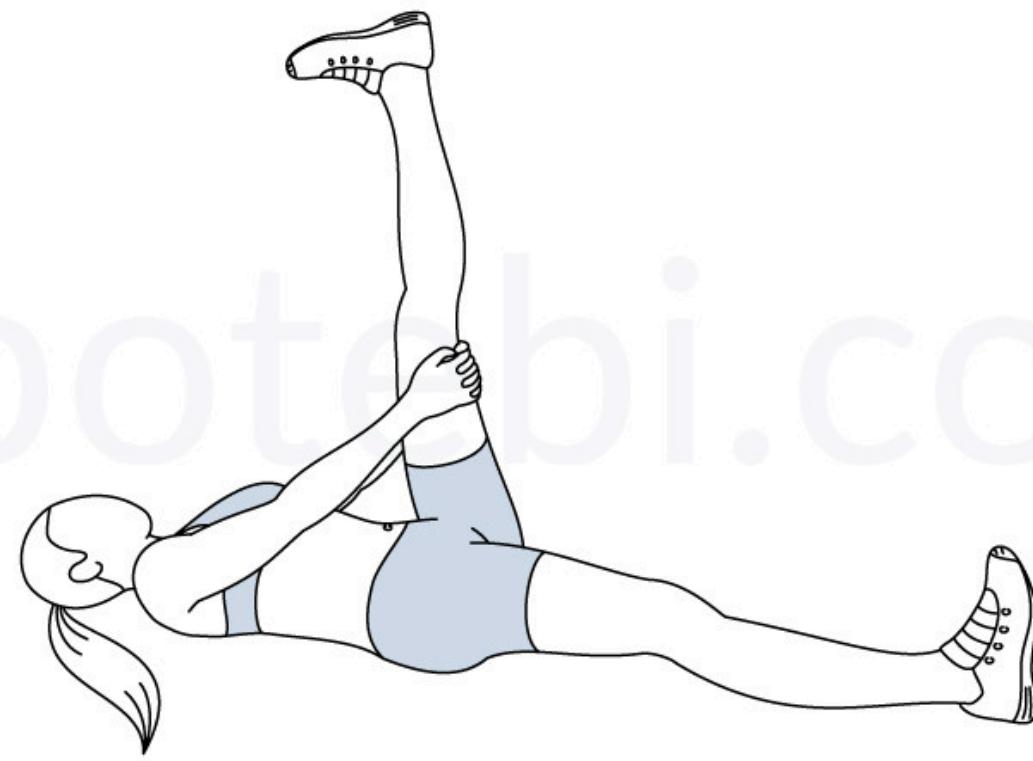
Half Squat Jab Cross



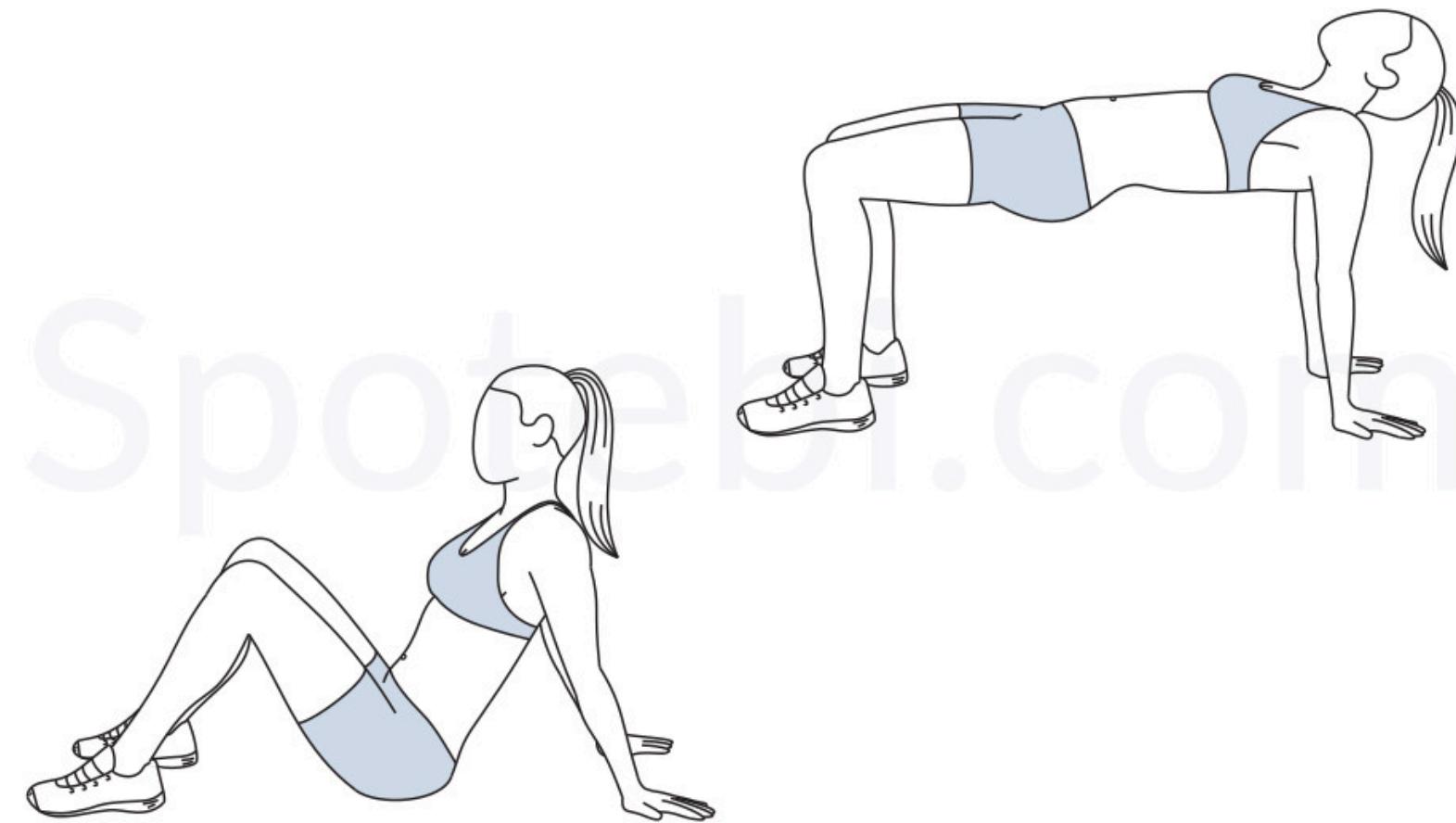
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Hamstring Stretch

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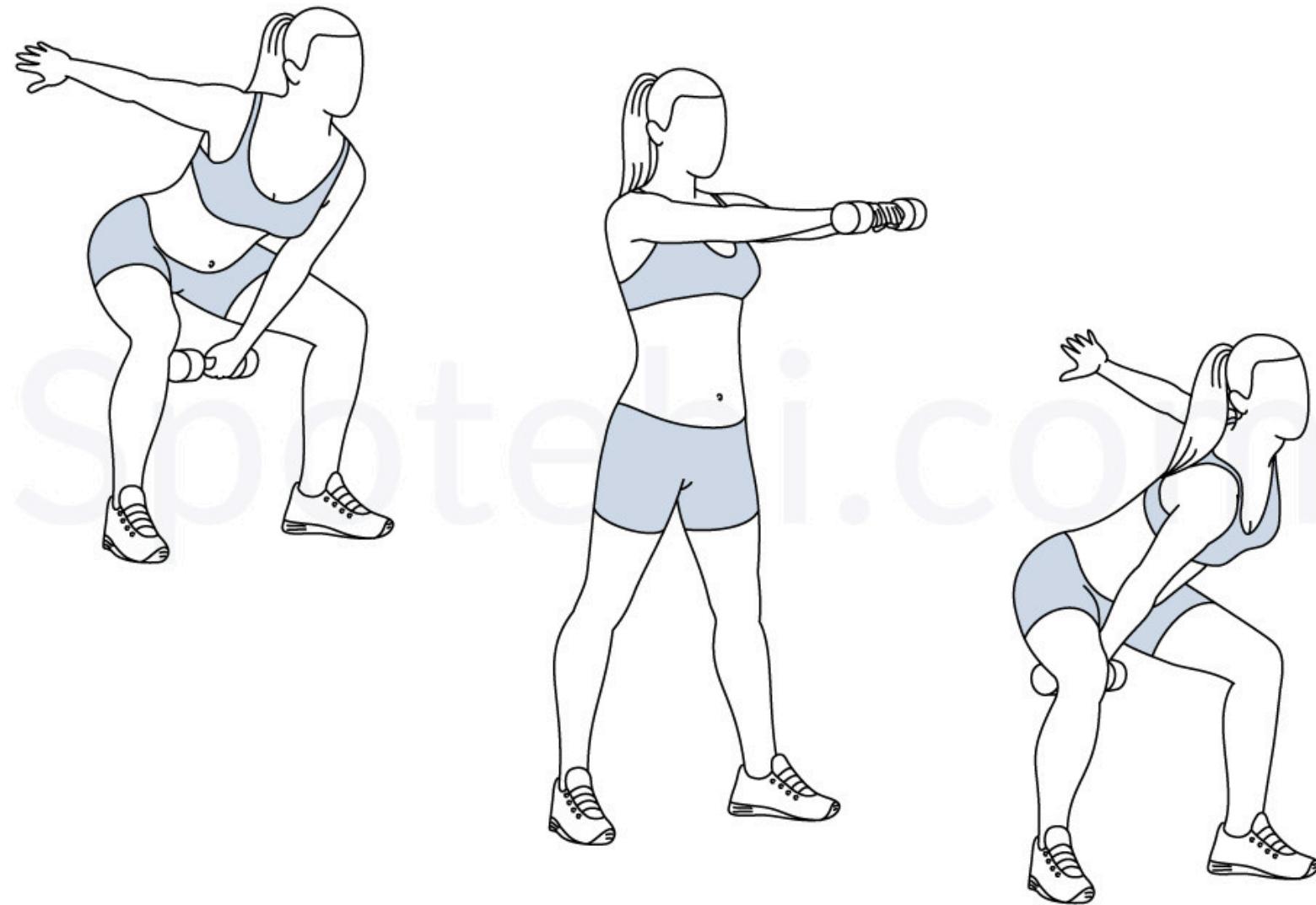


Advanced Bridge

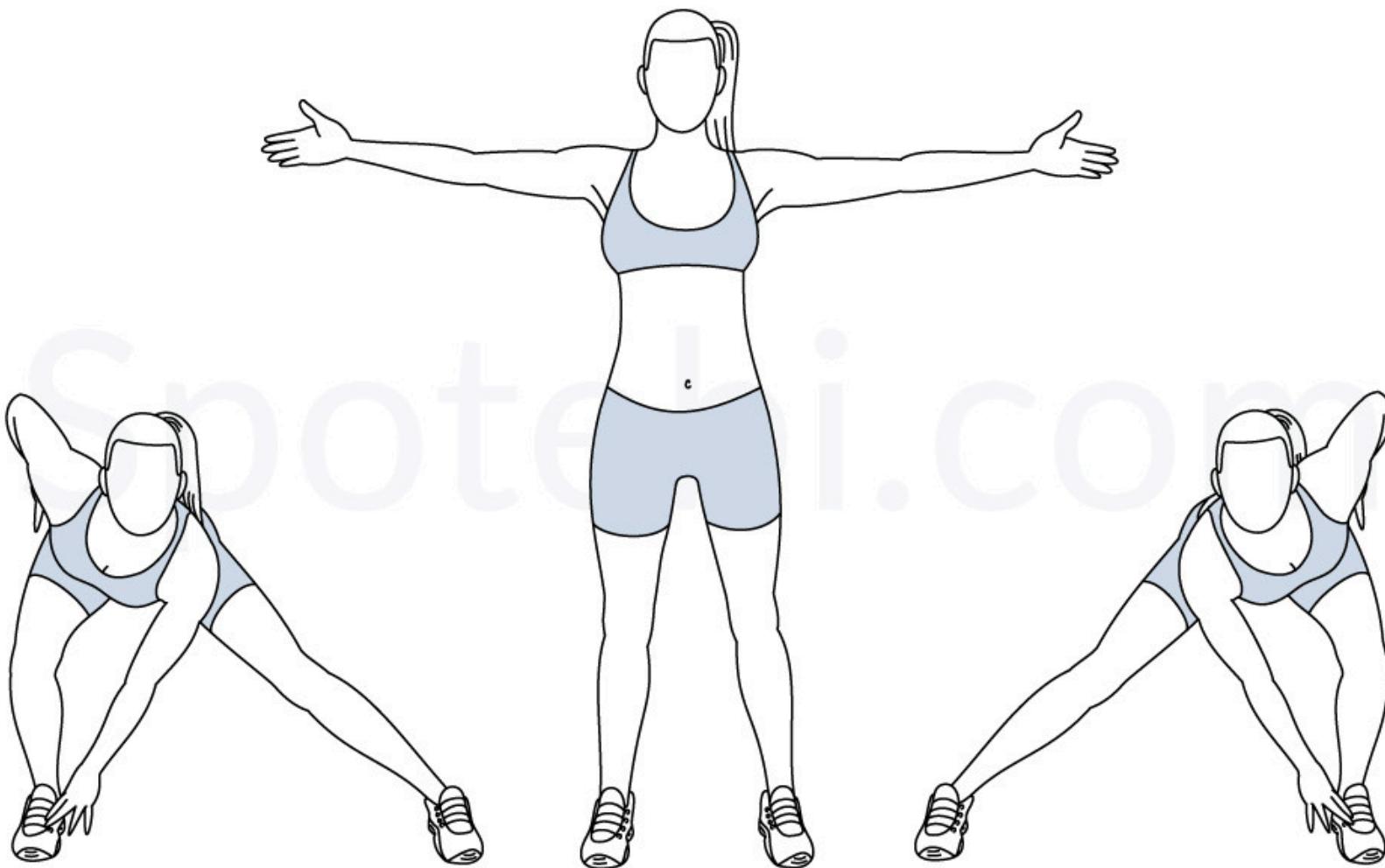


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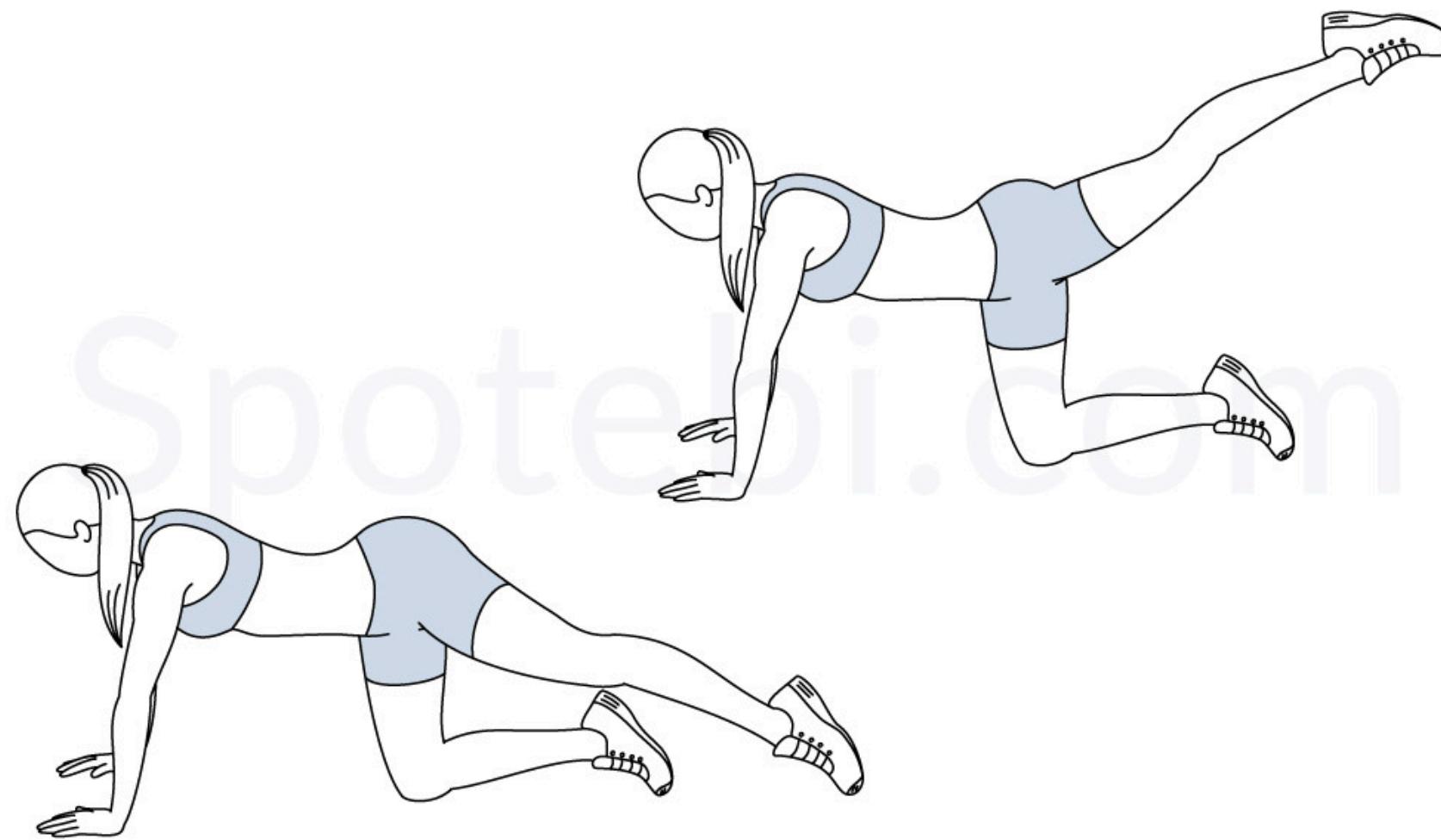
Alternating Dumbbell Swing



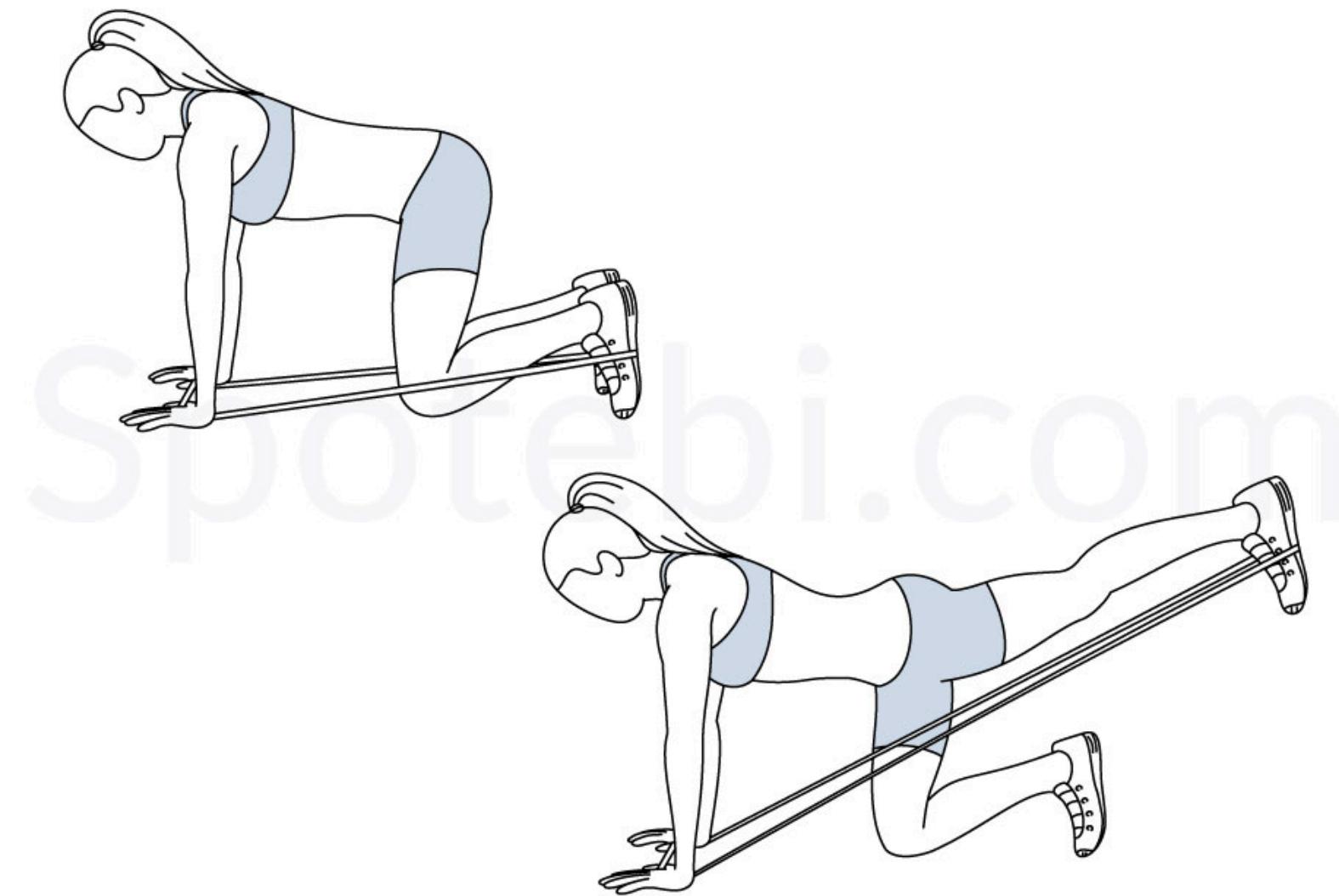
Alternating Side Lunge Touch



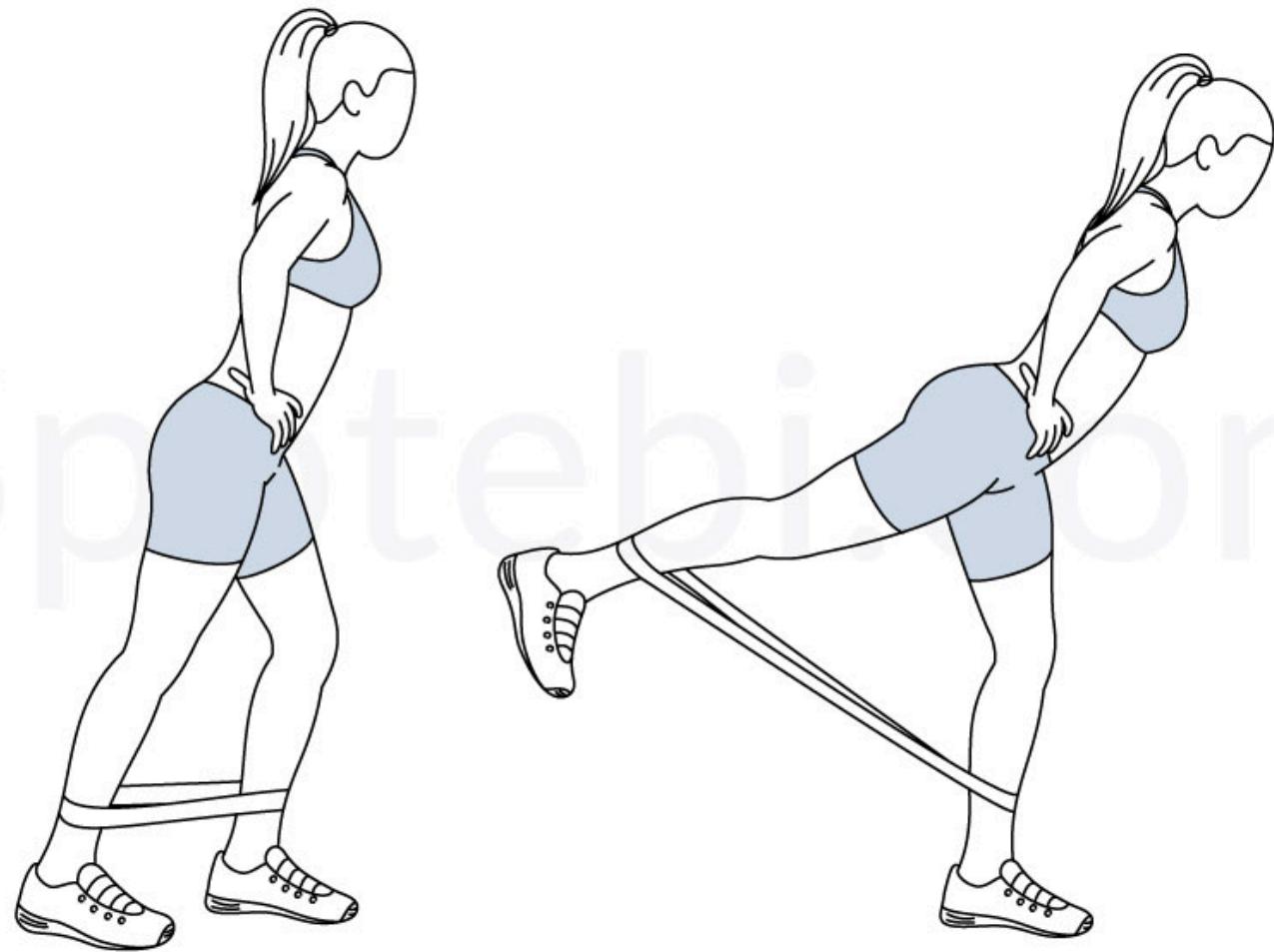
Back Leg Lifts



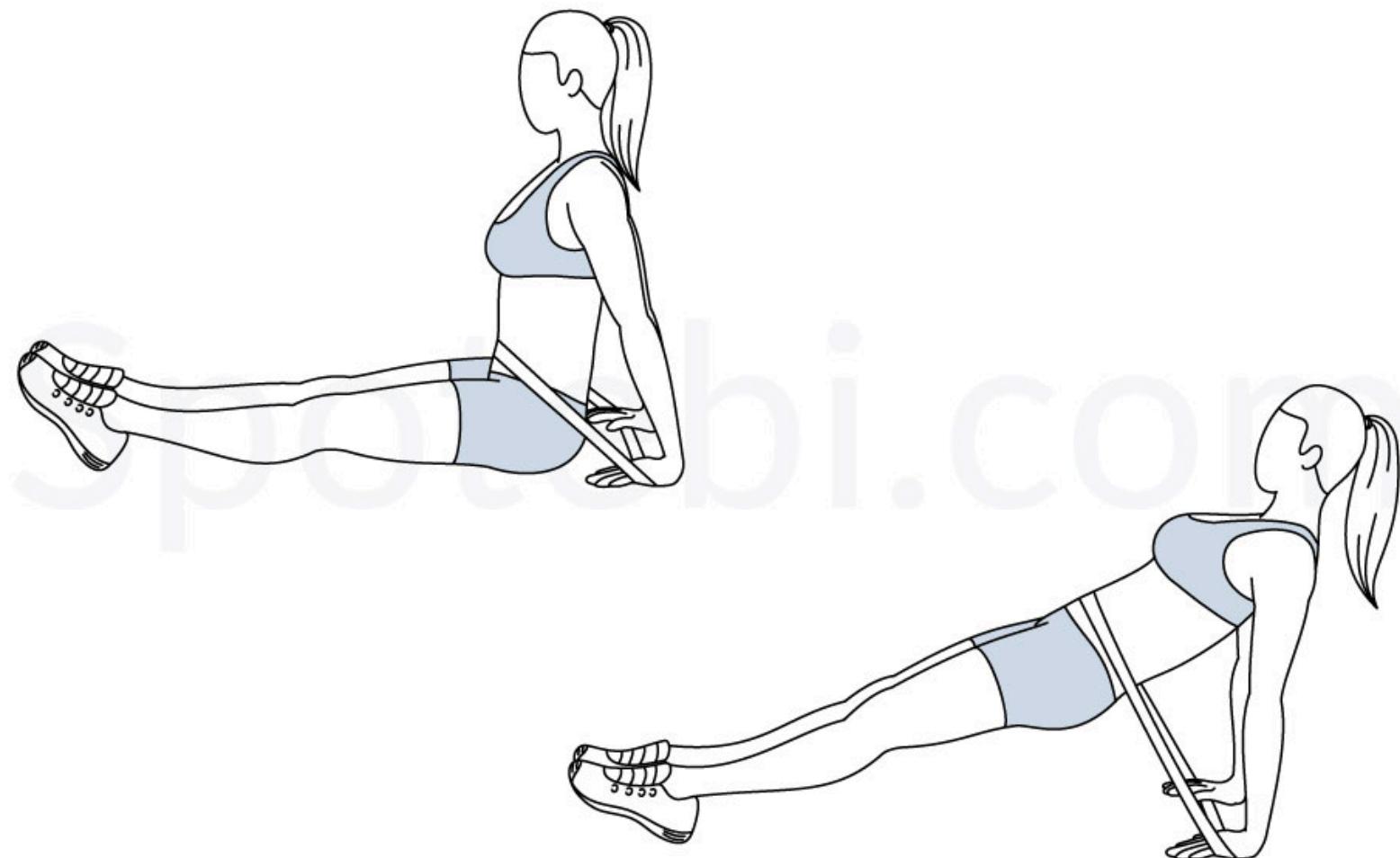
Band Donkey Kicks



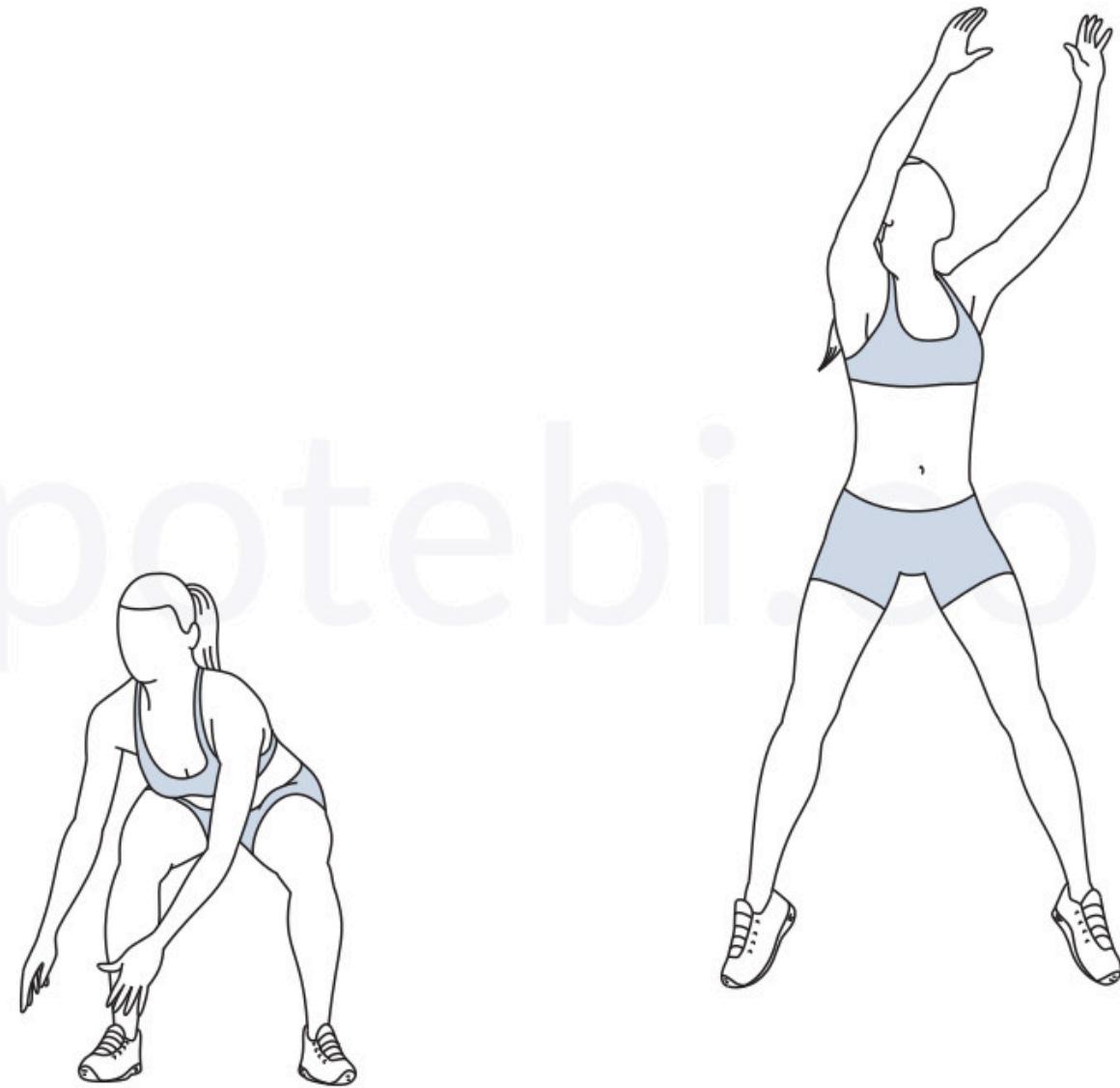
Band Kickback



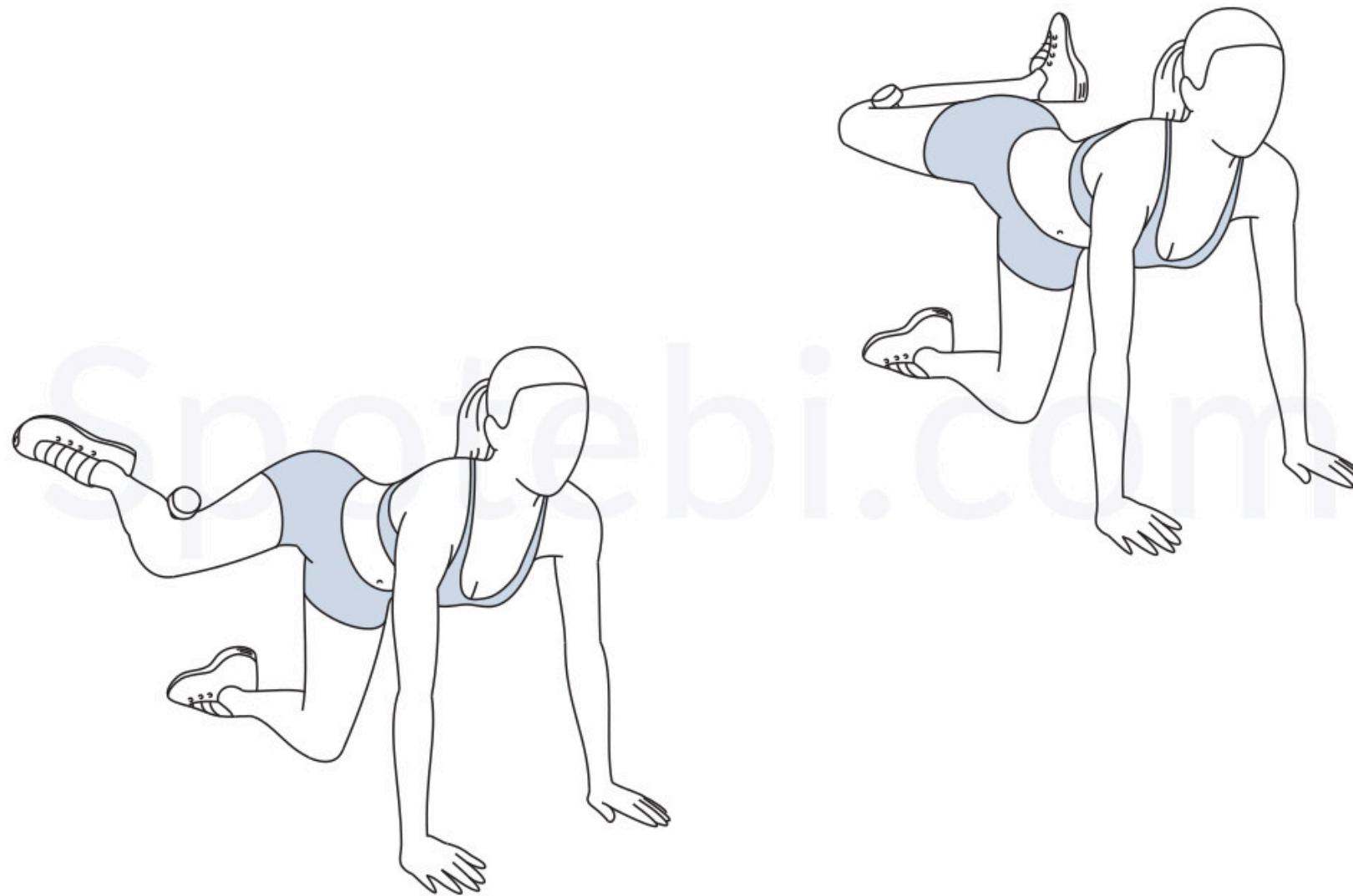
Band Reverse Plank



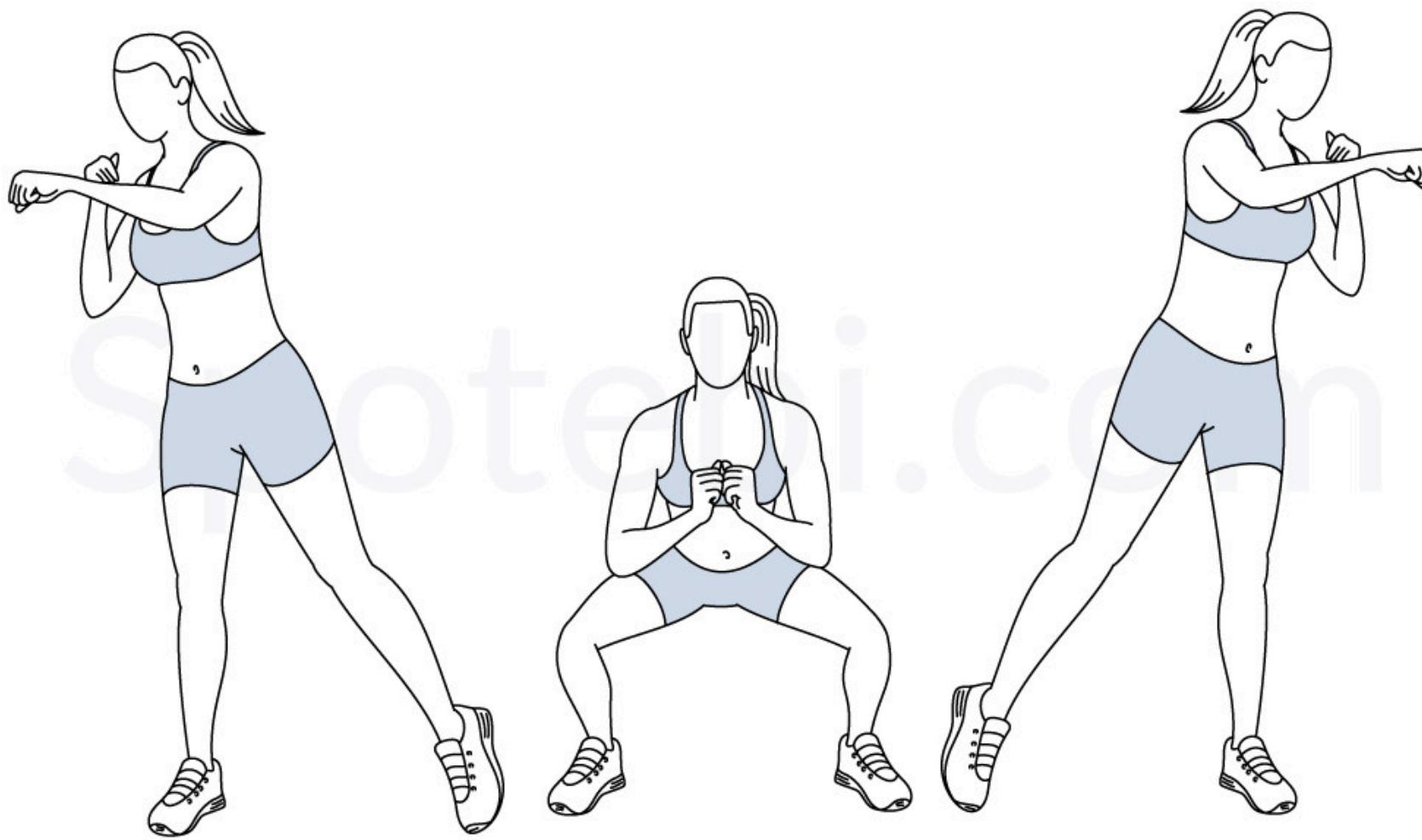
Basketball Shots



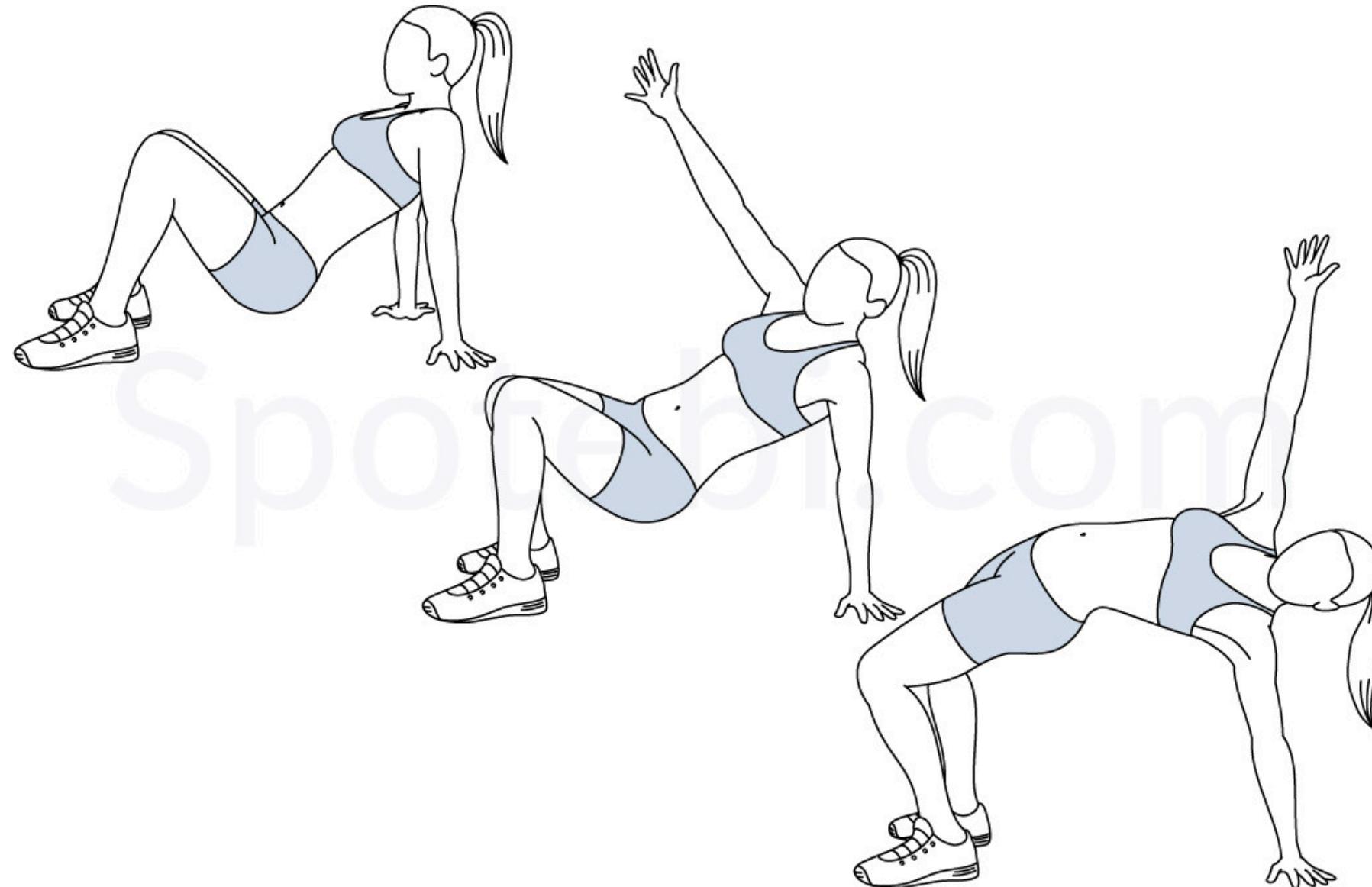
Booty Squeeze



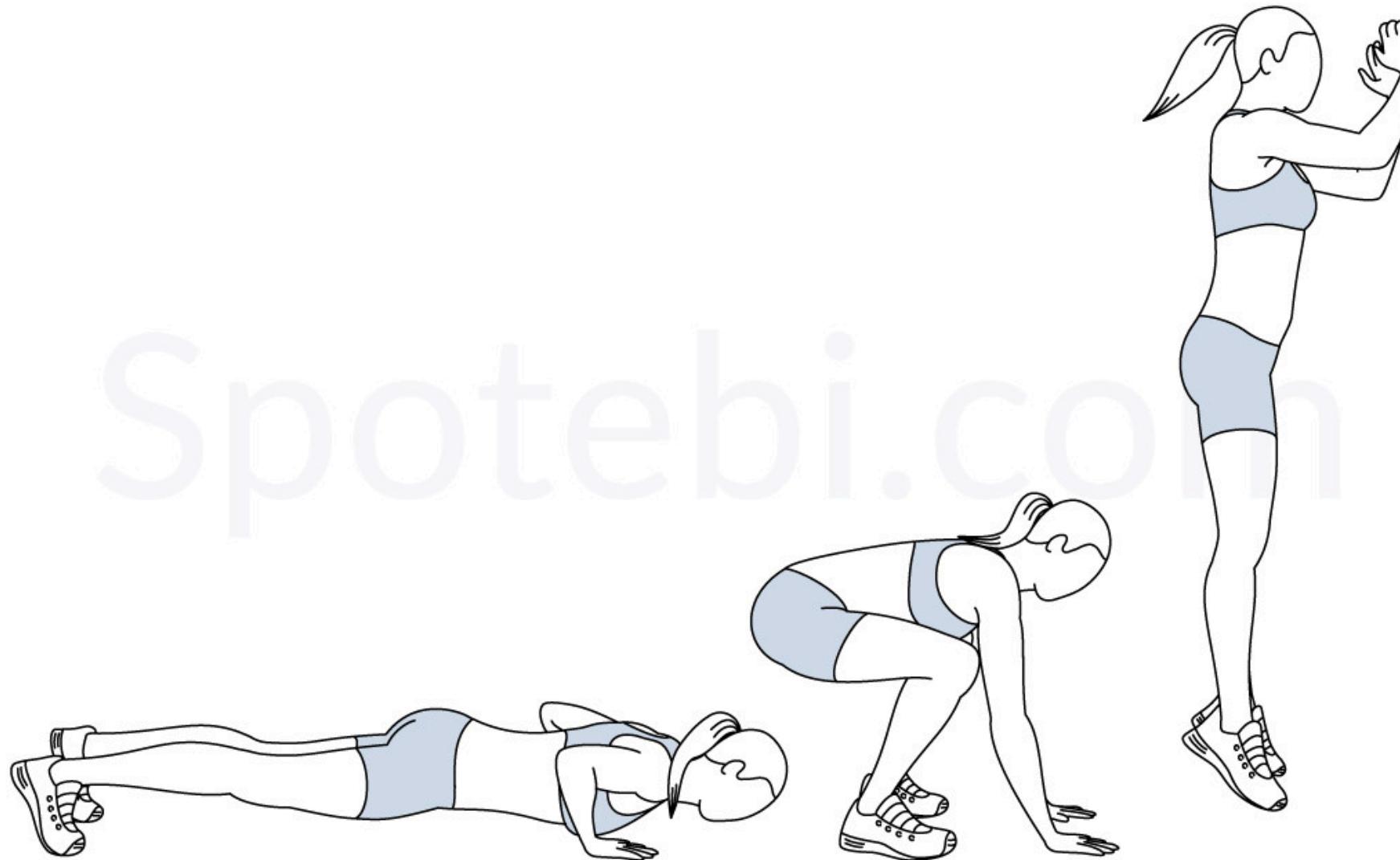
Boxer Squat Punch



Bridge And Twist

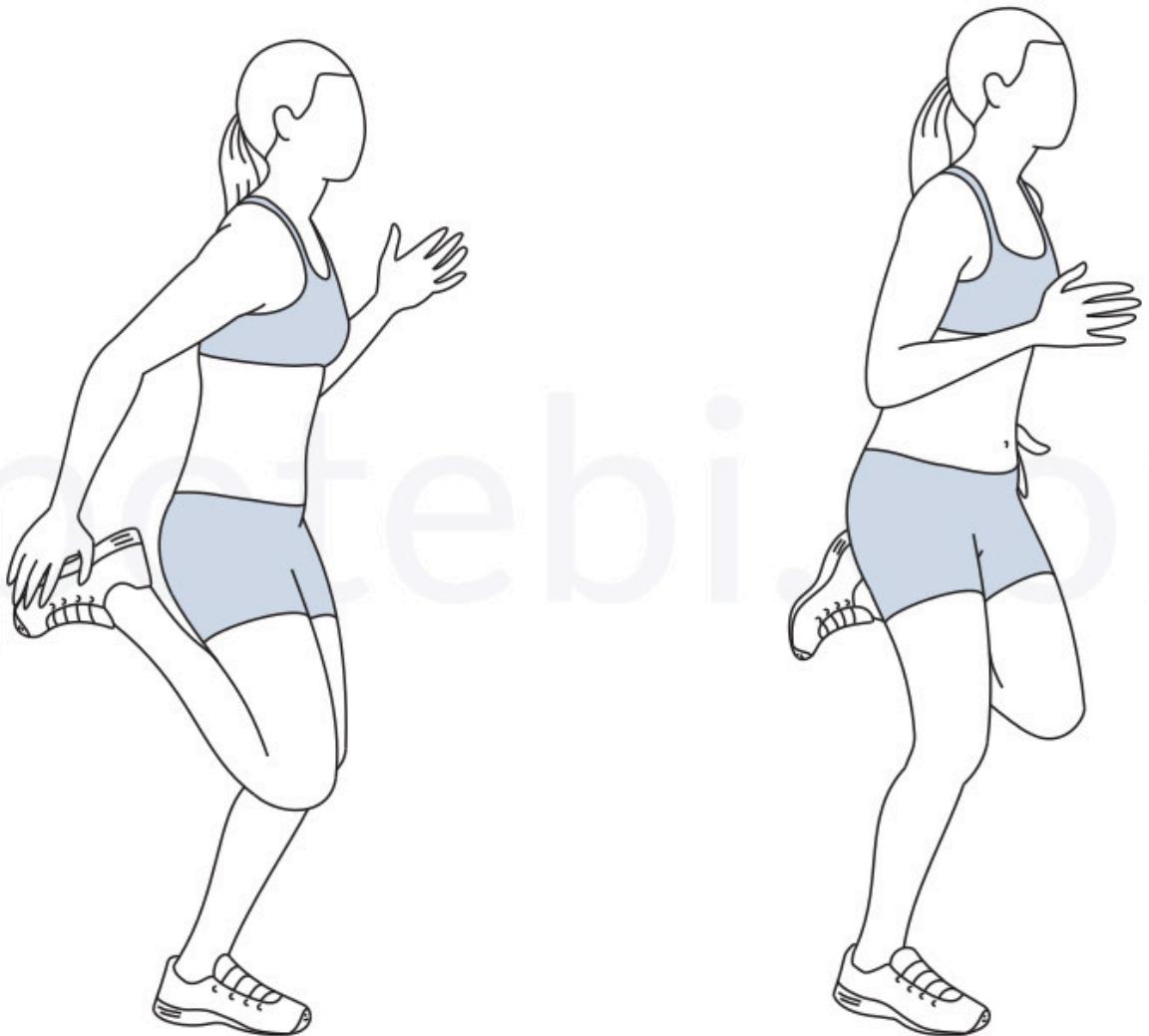


Burpees

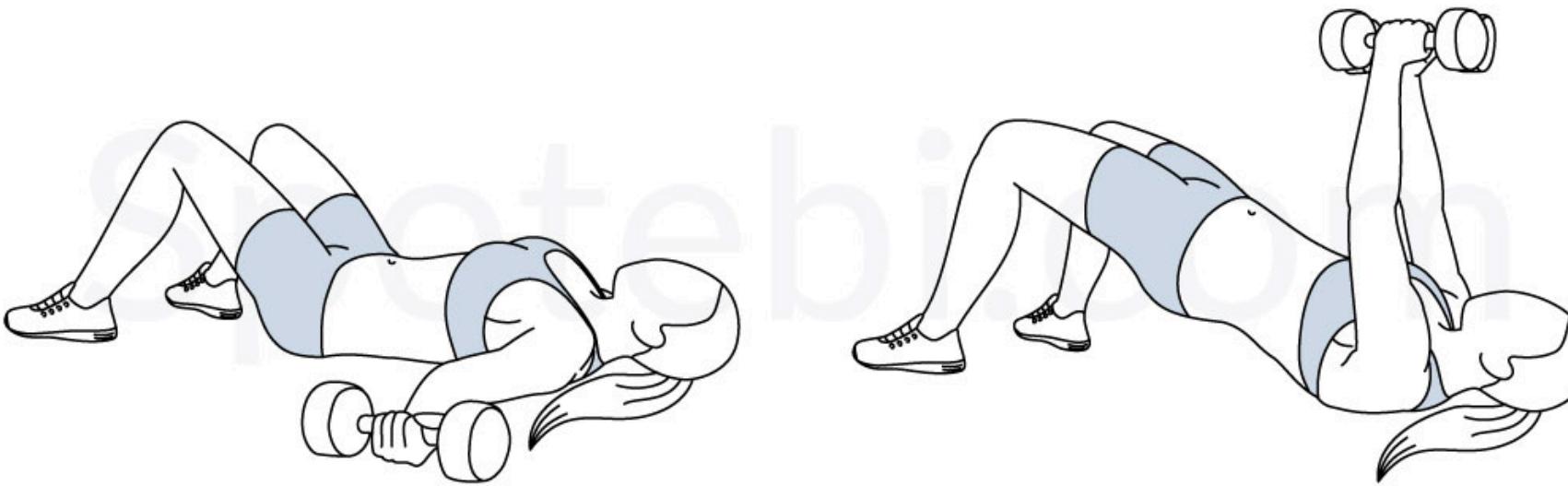


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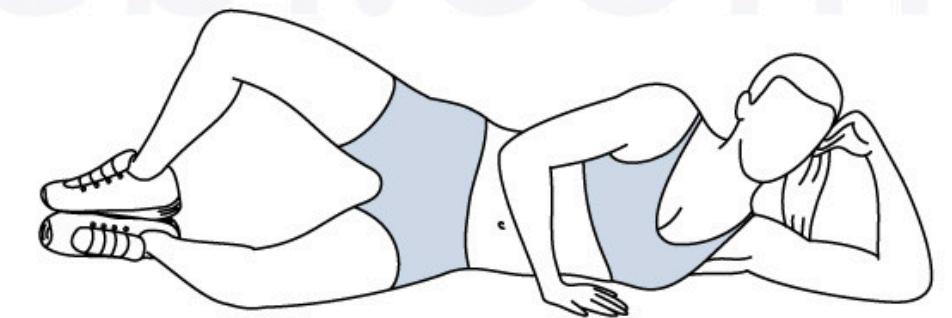
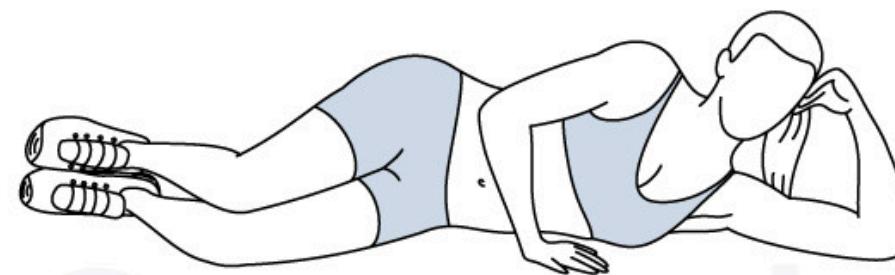
Butt Kicks



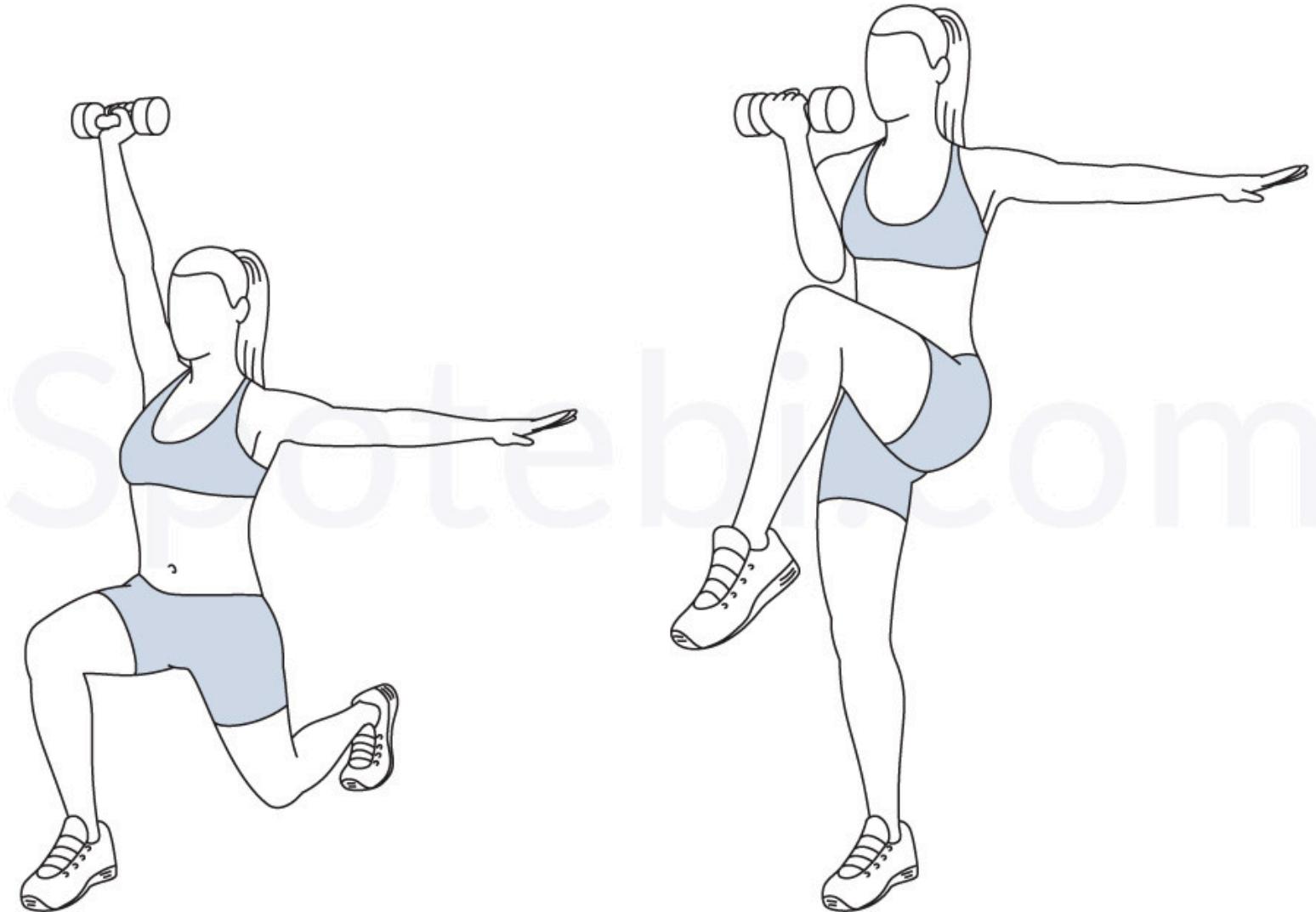
Chest Fly Glute Bridge



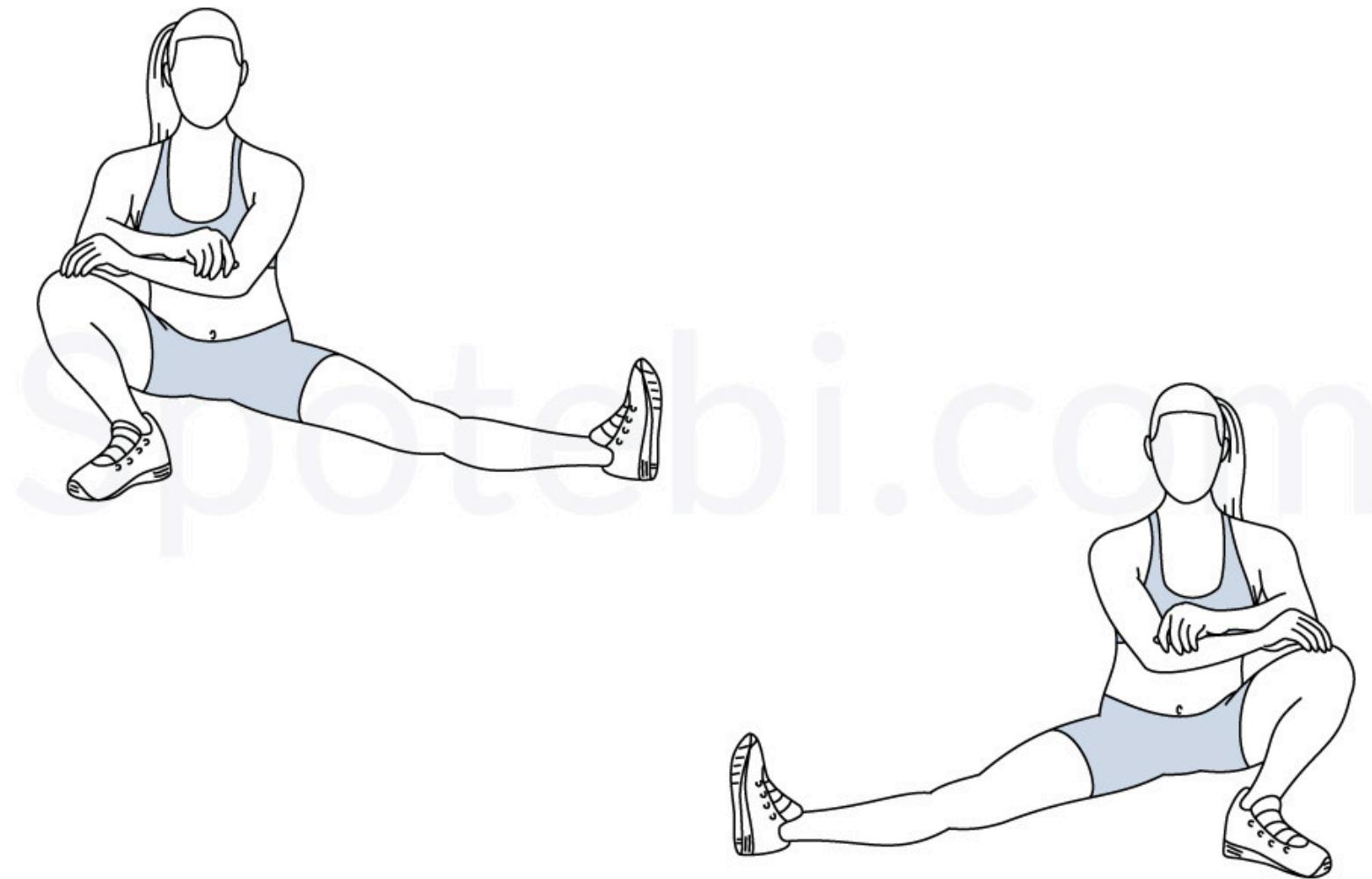
Clamshell



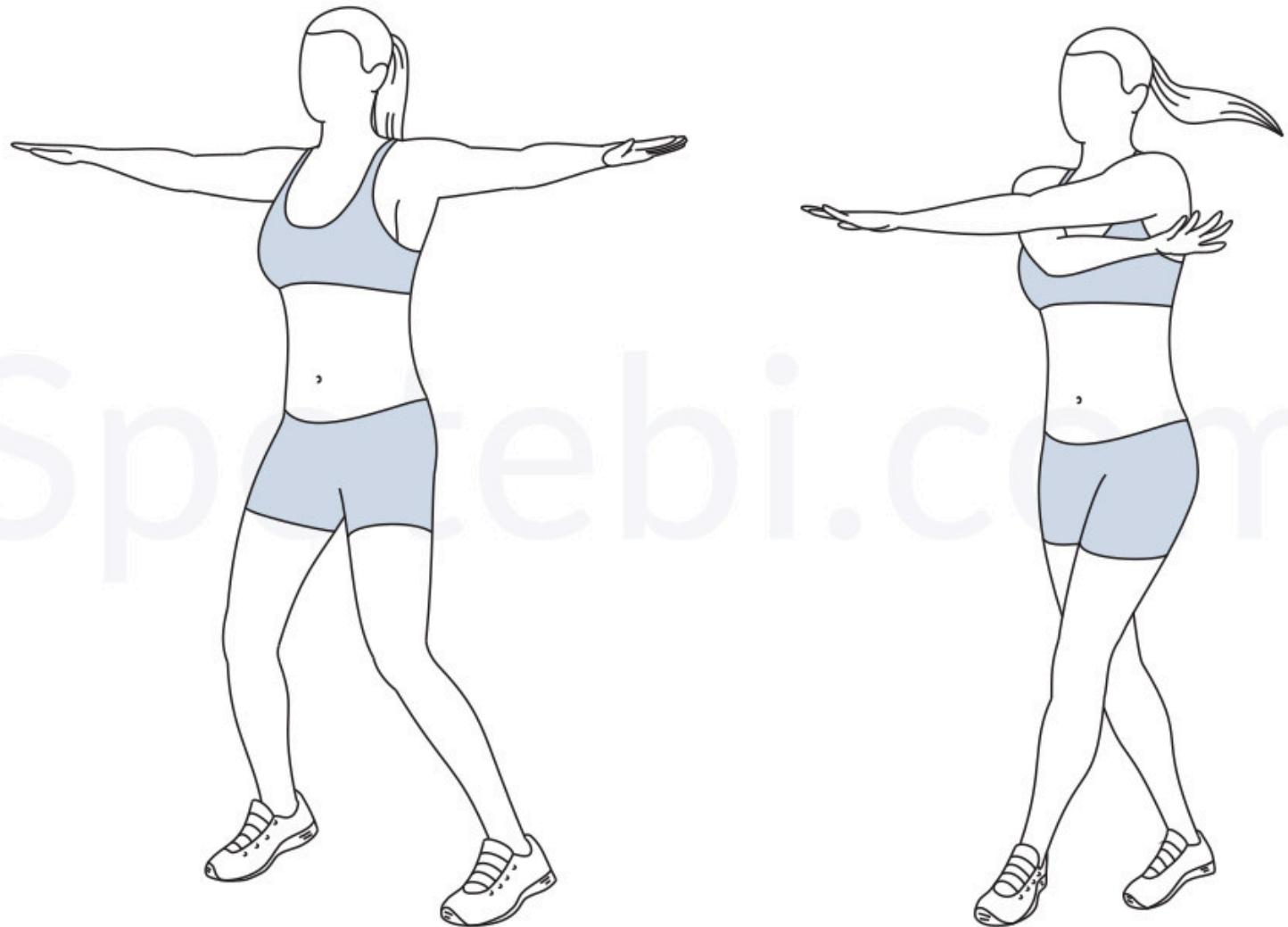
Core Control Rear Lunge



Cossack Squat

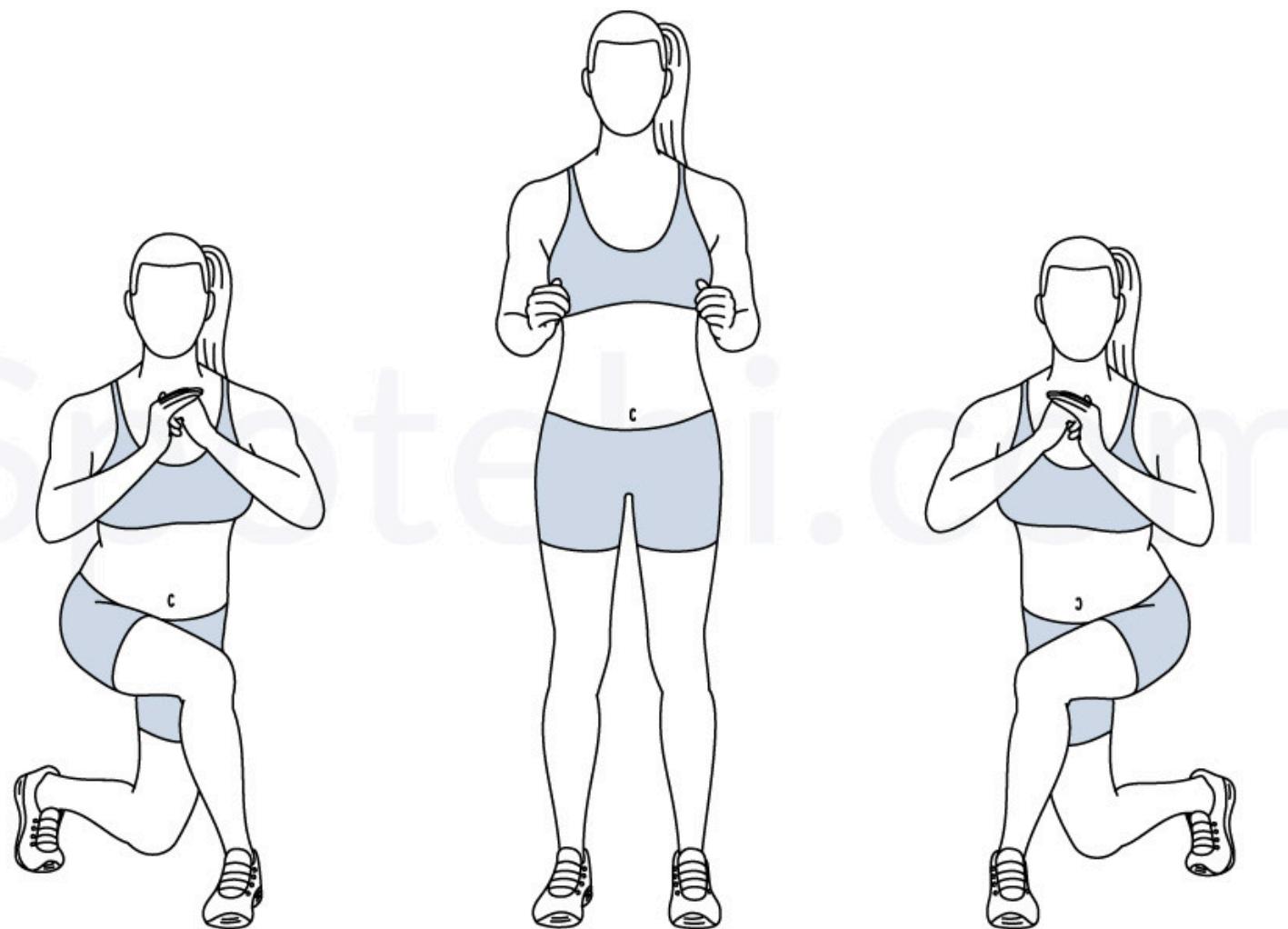


Cross Jacks

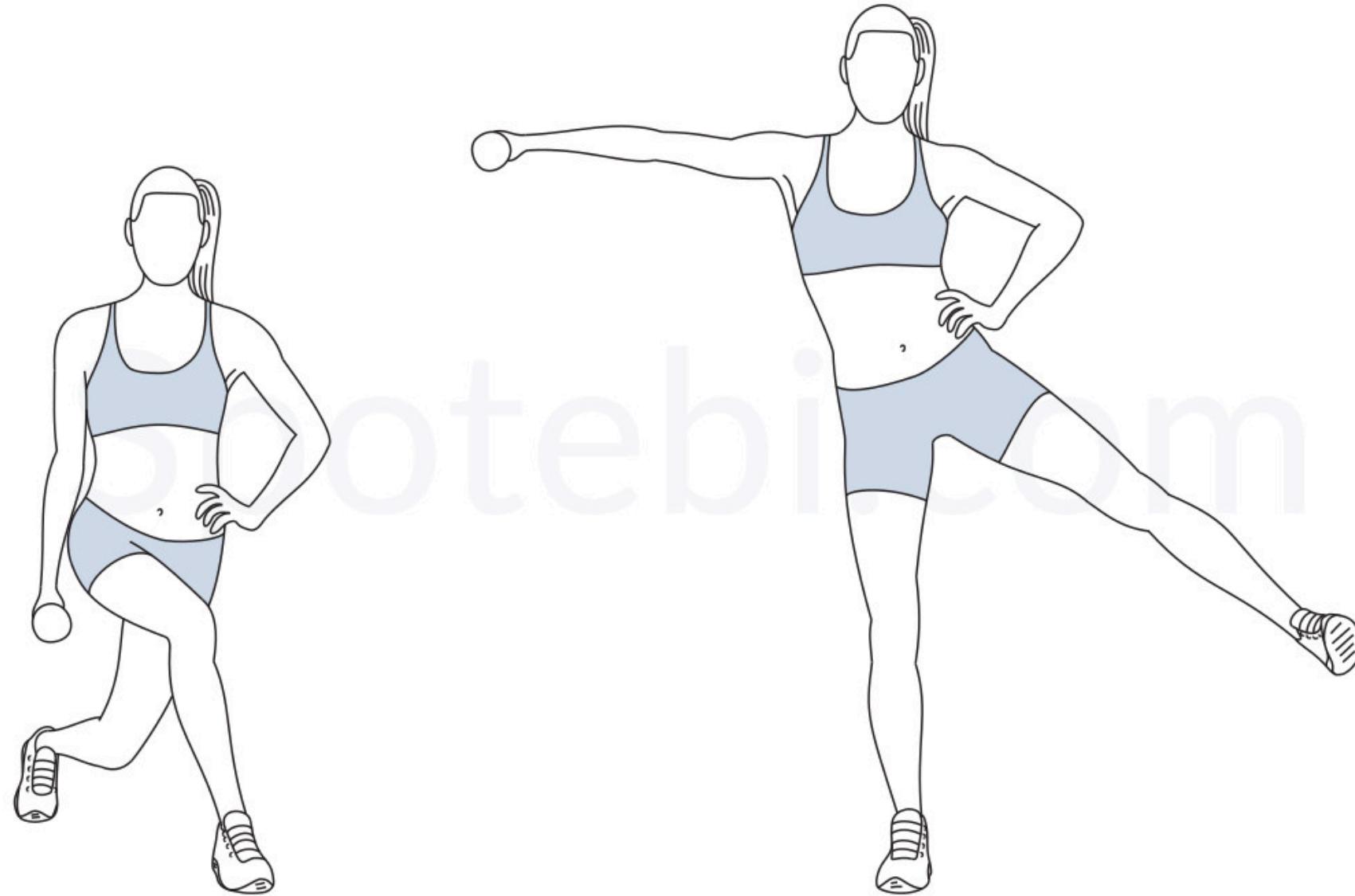


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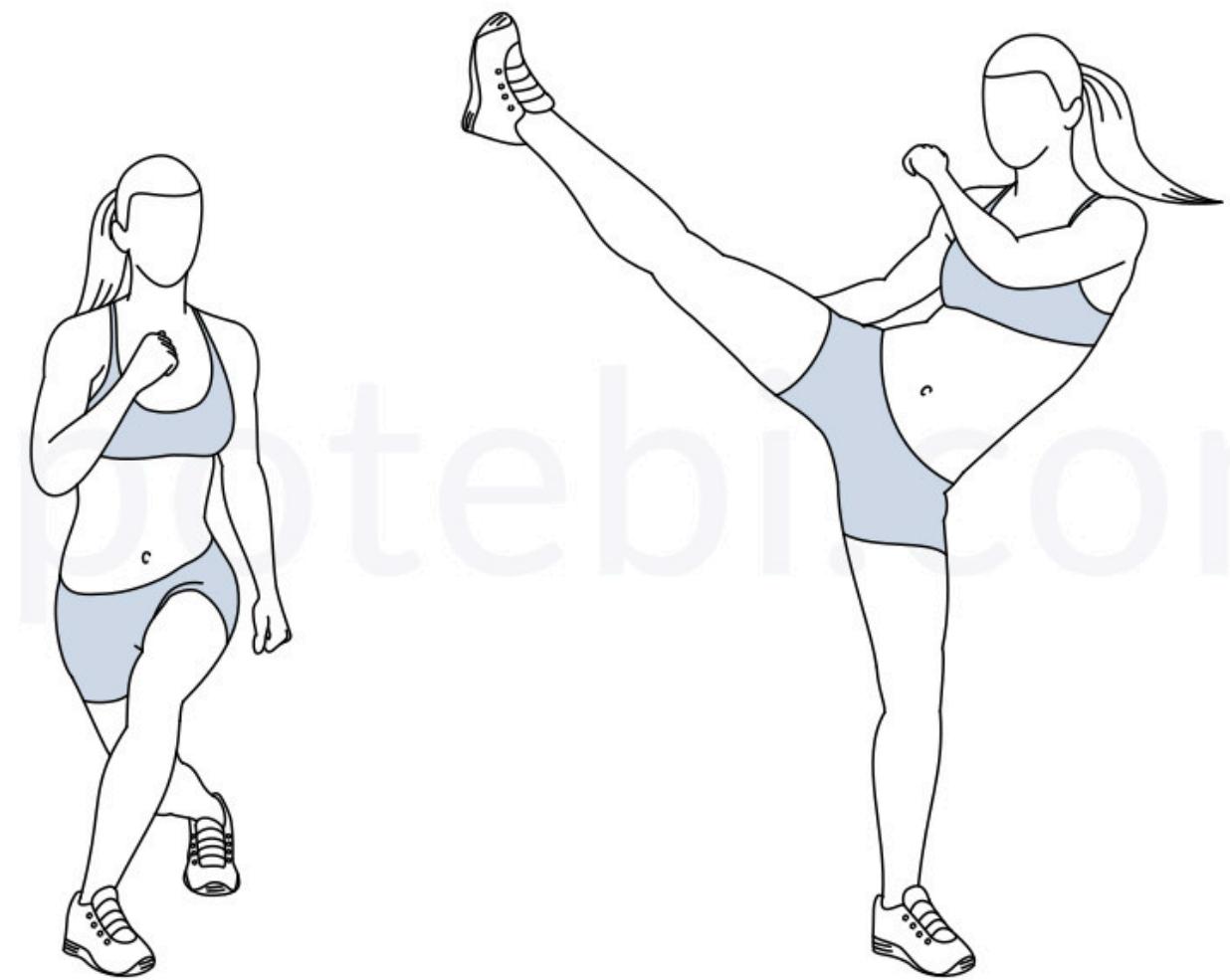
Curtsy Lunge



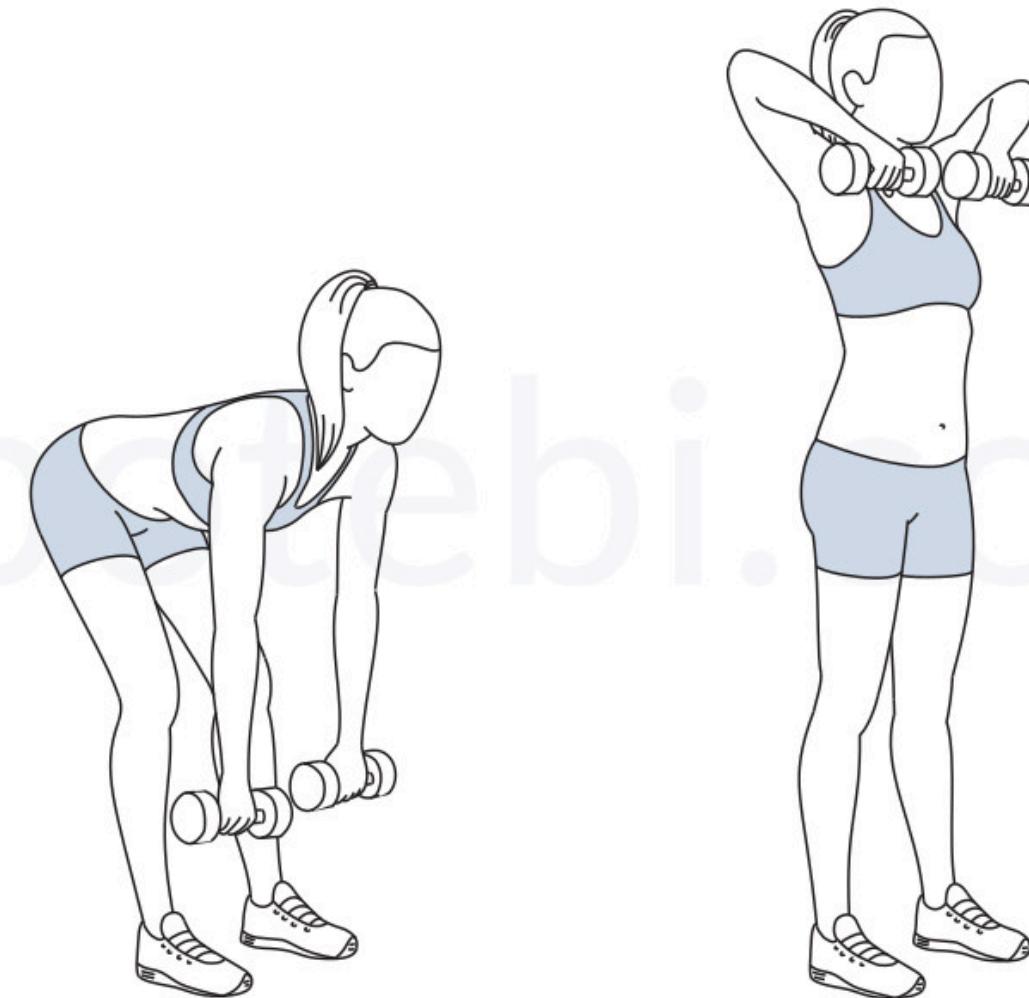
Curtsy Lunge Side Kick Raise



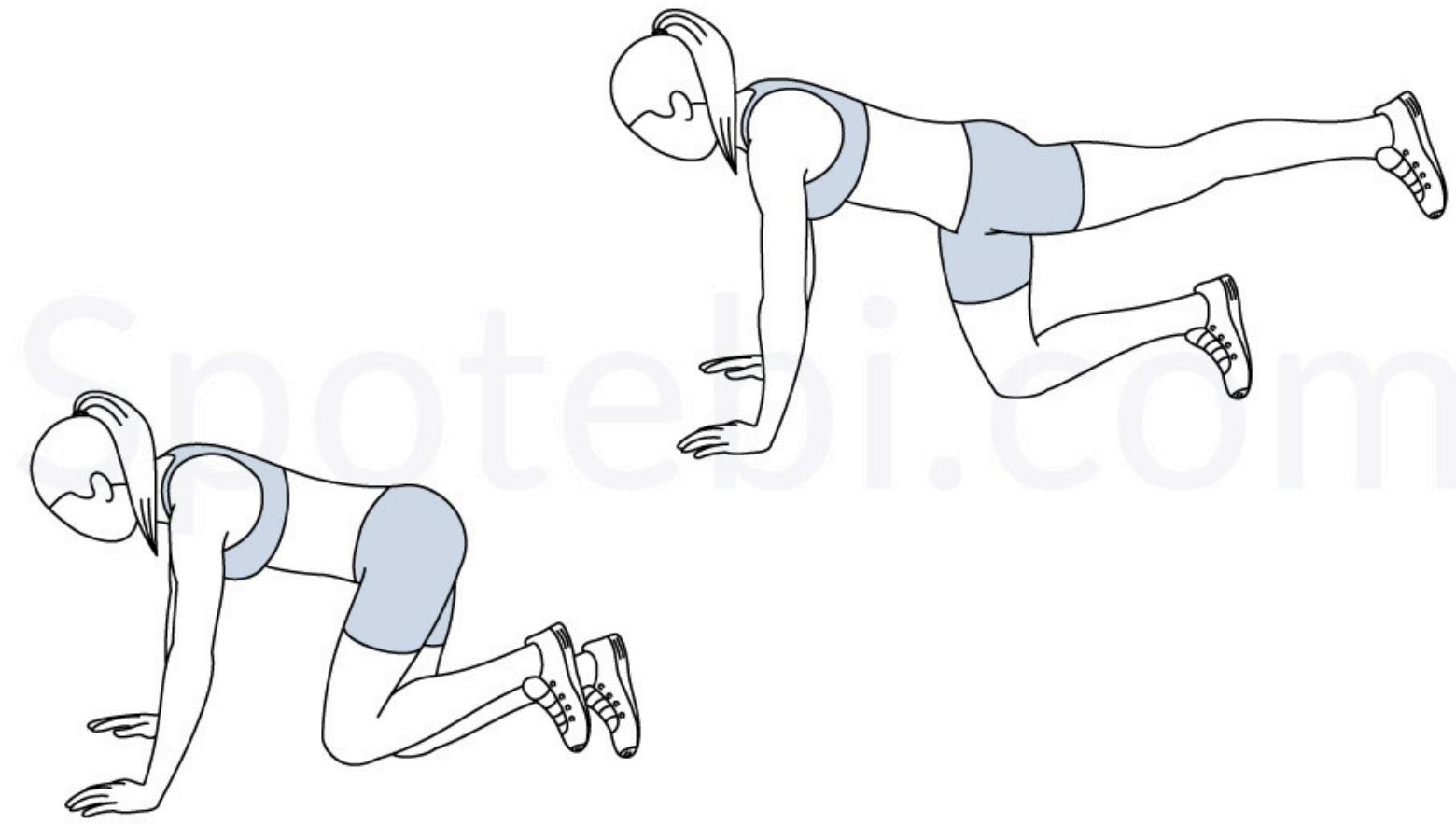
Curtsy Lunge Side Kick



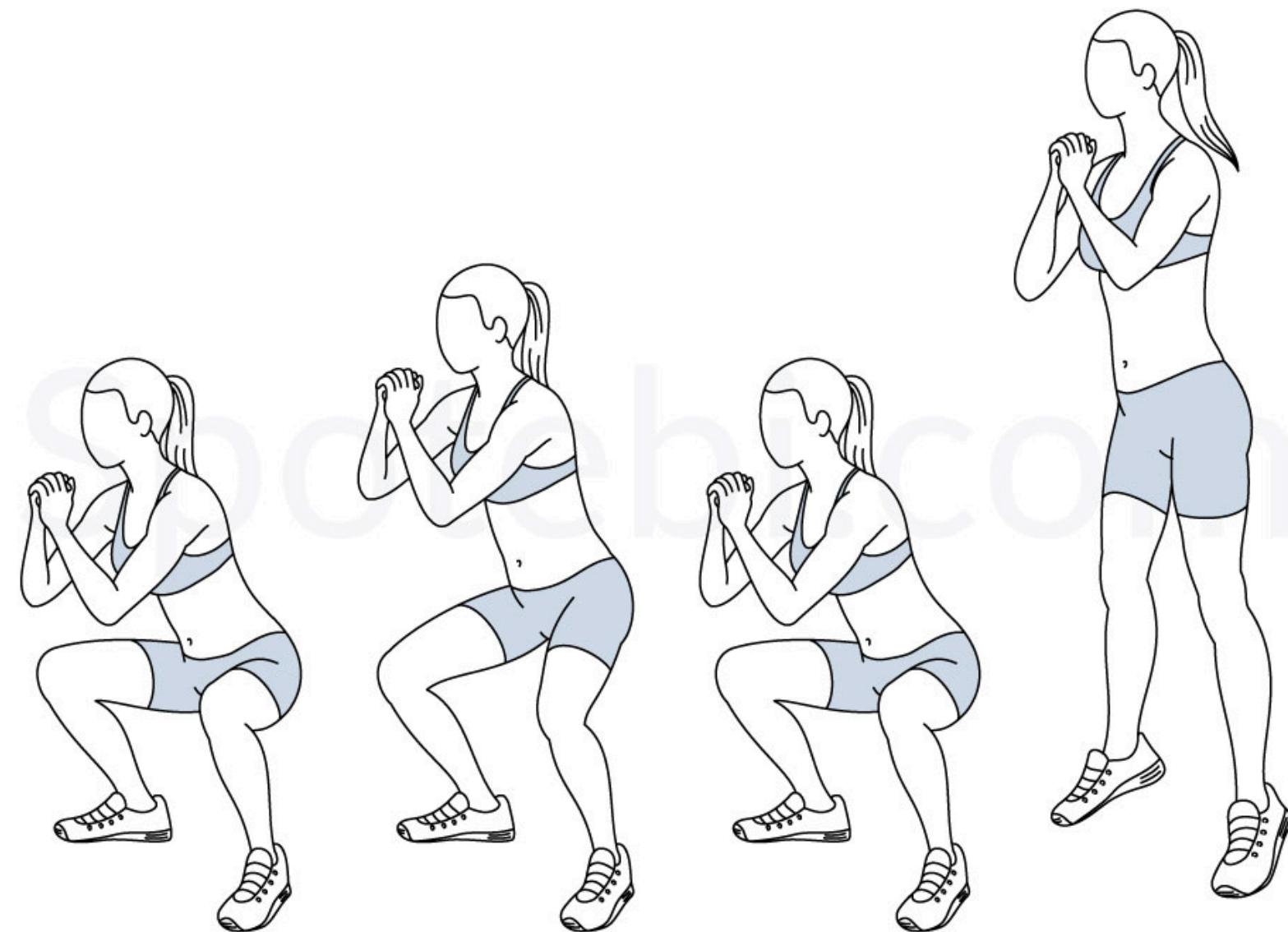
Deadlift Upright Row



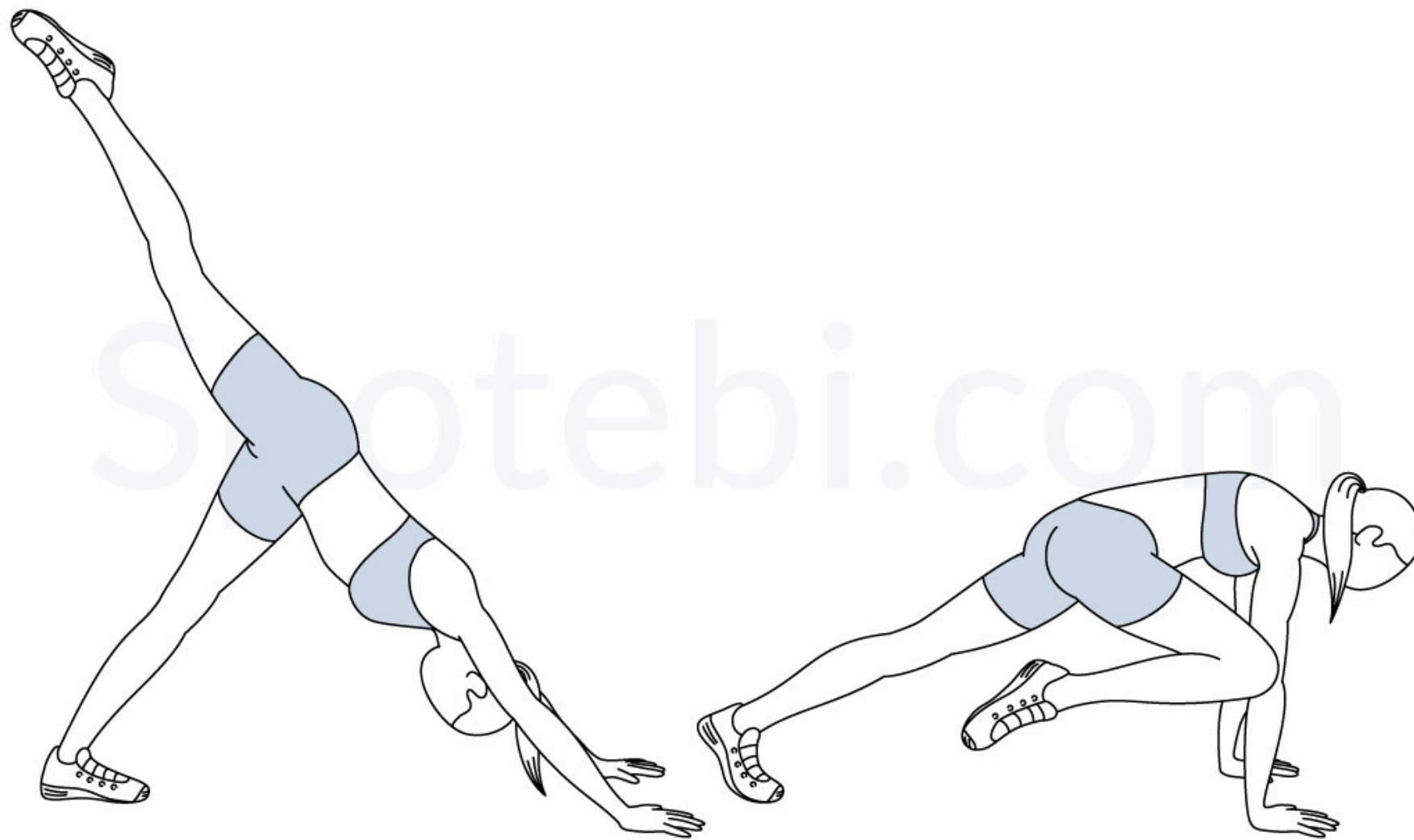
Donkey Kicks



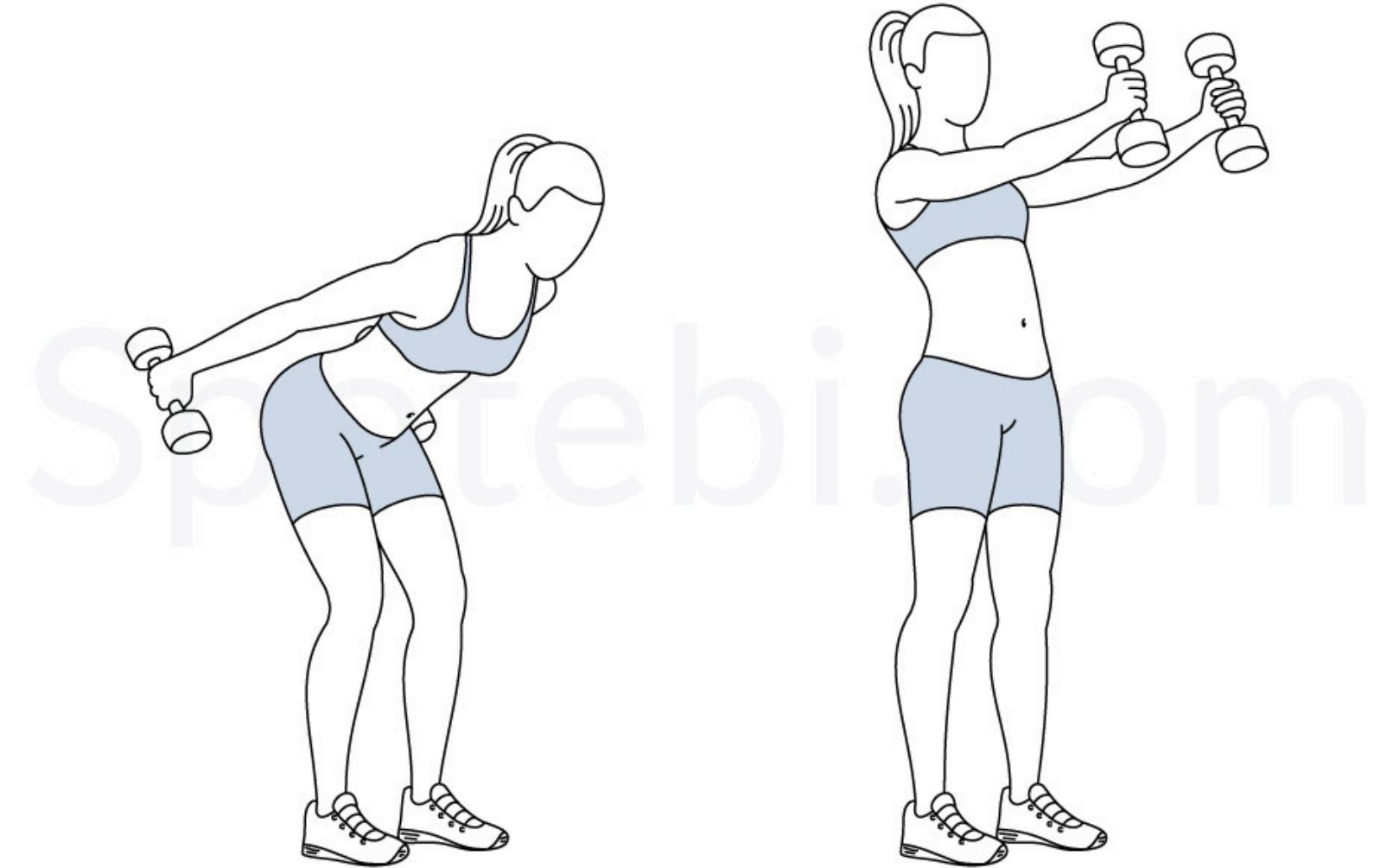
Double Pulse Squat Jump



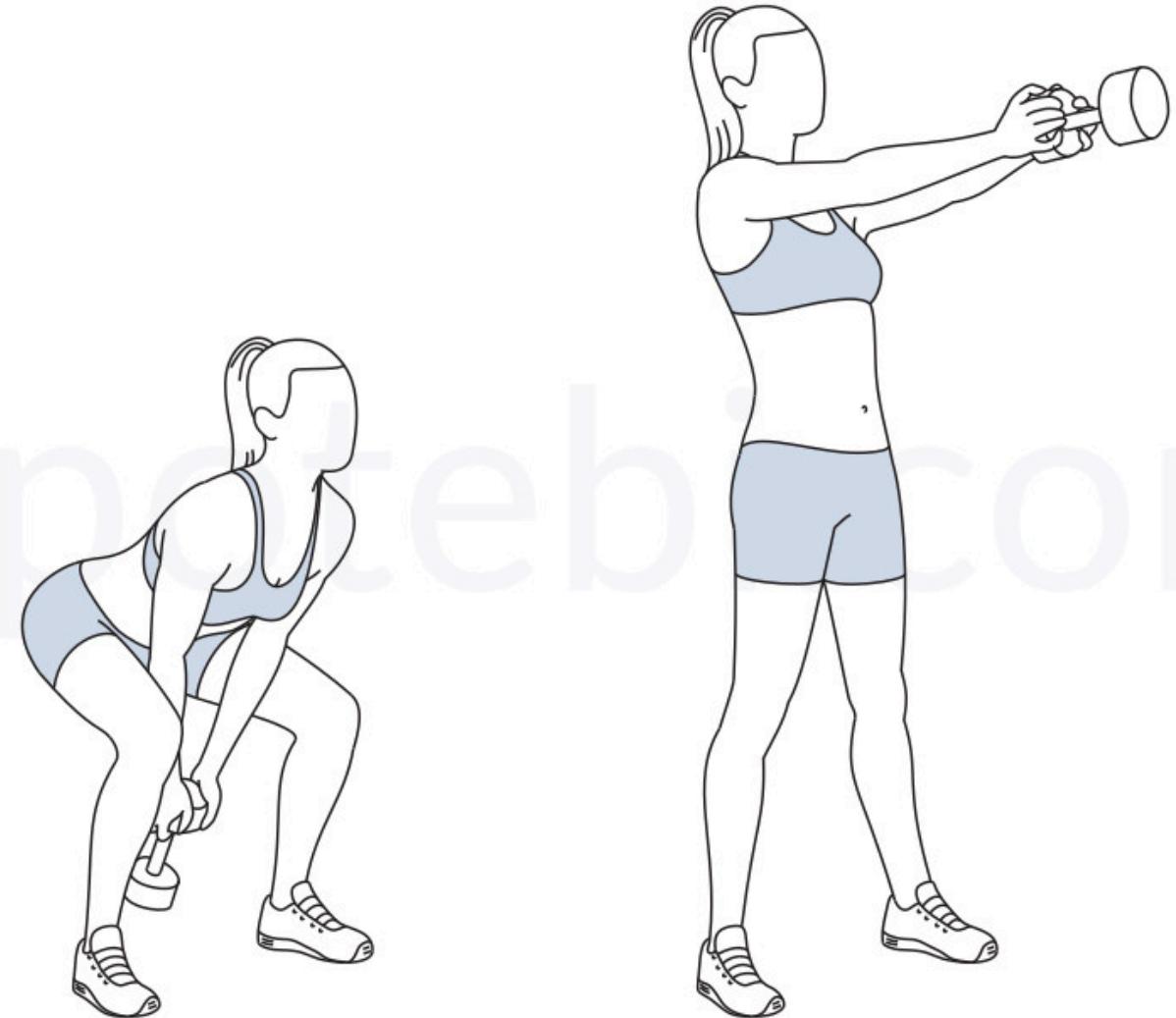
Downward Dog Crunch



Dumbbell Skier Swing



Dumbbell Swing



Dumbbell Thrusters

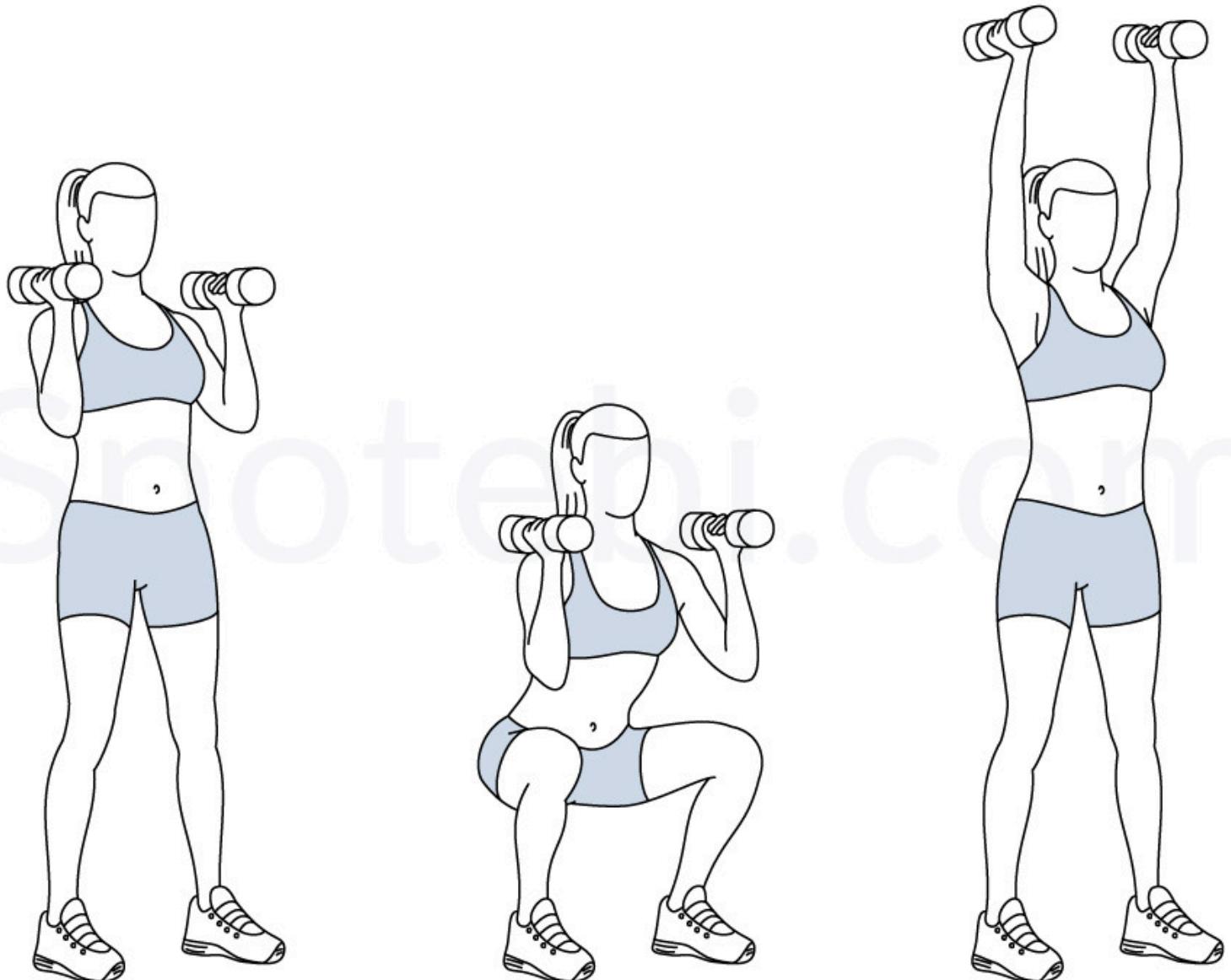
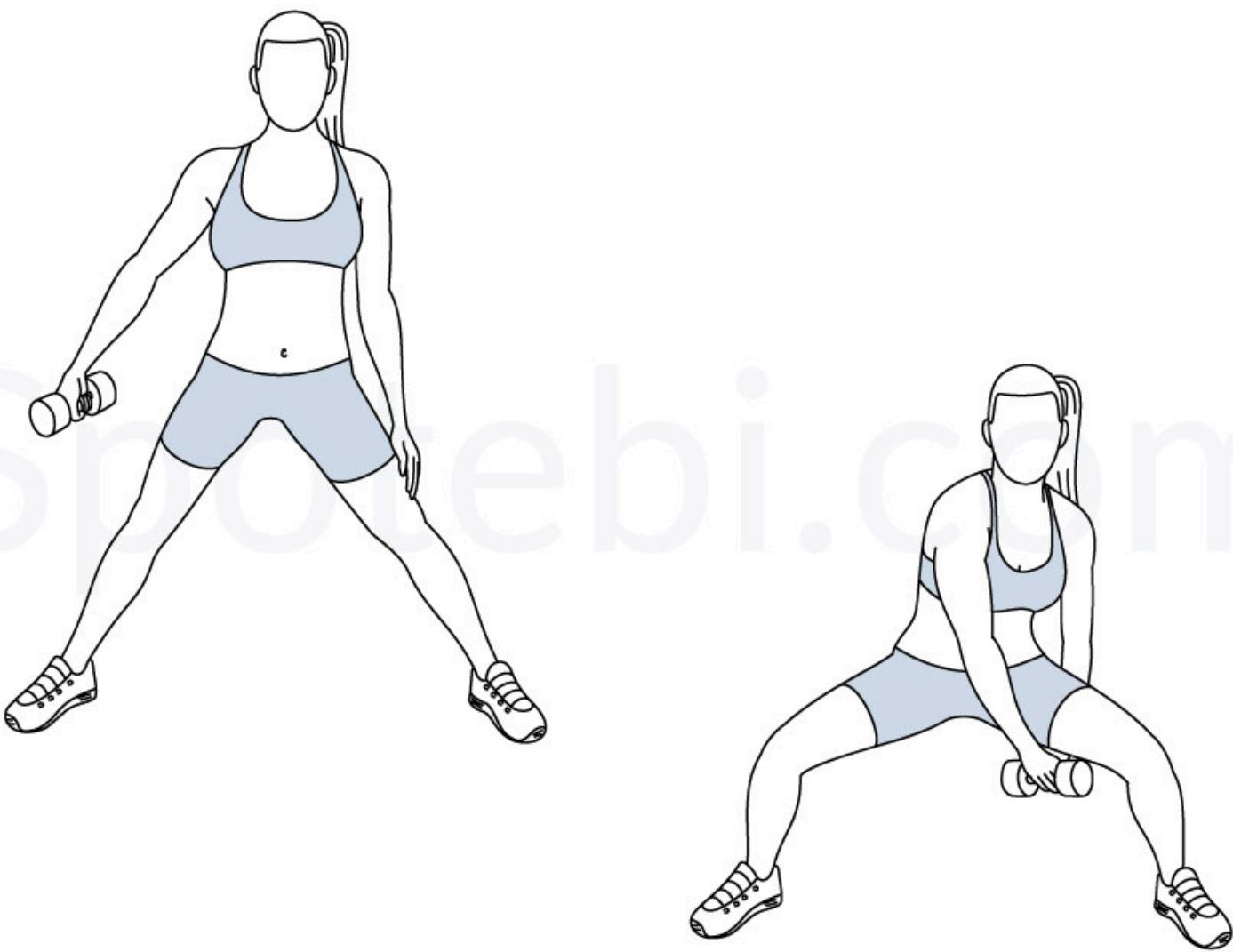
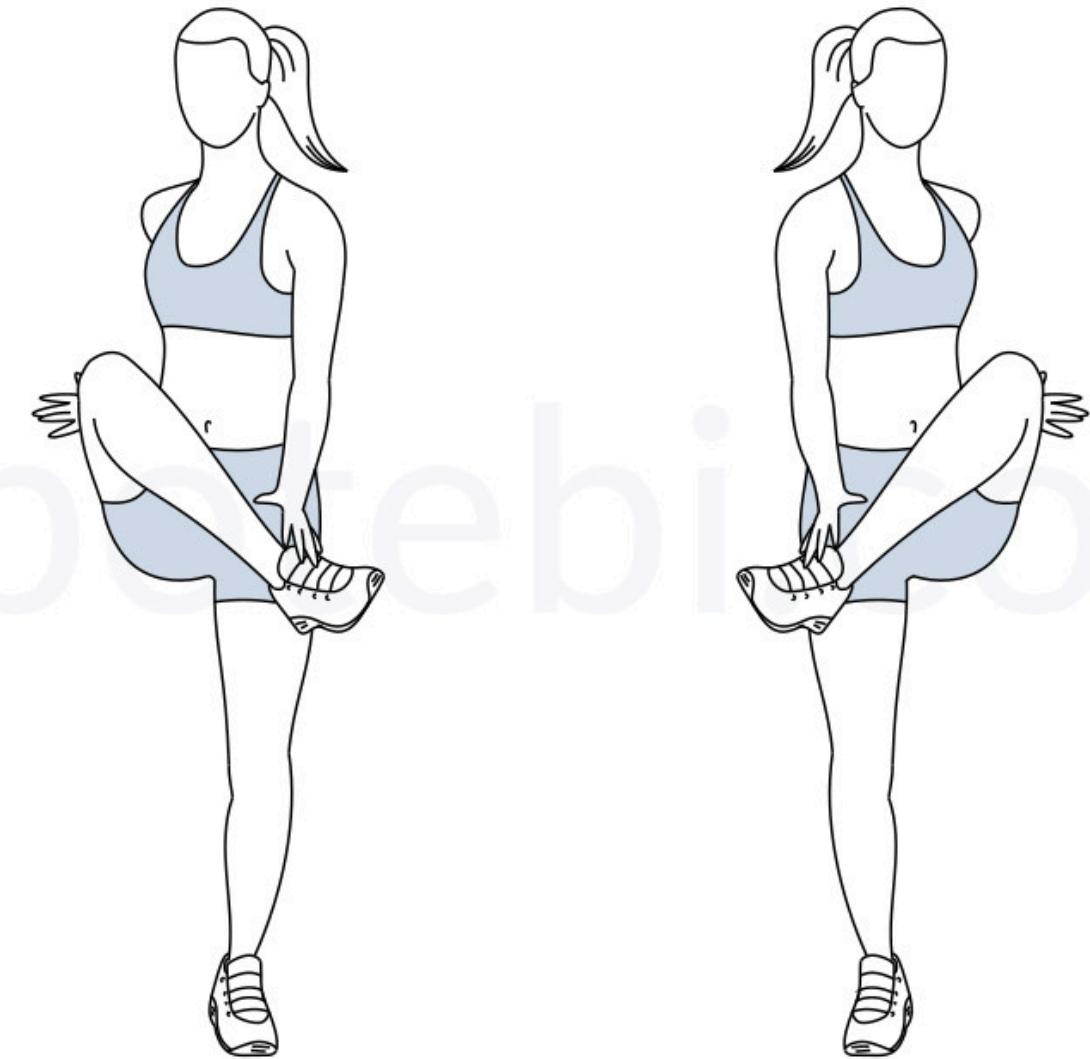


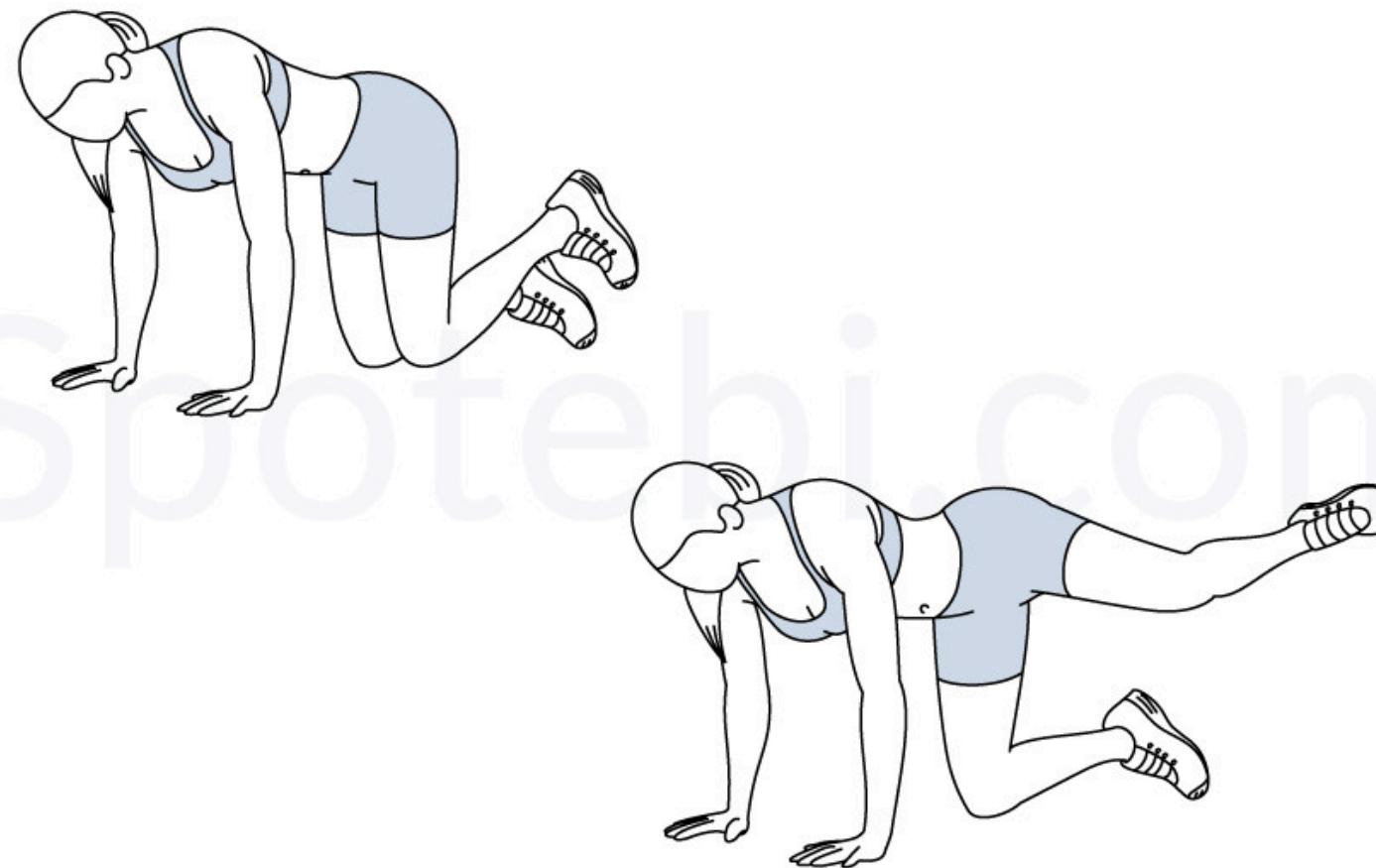
Figure 8 Squat



Fingertip To Toe Jacks



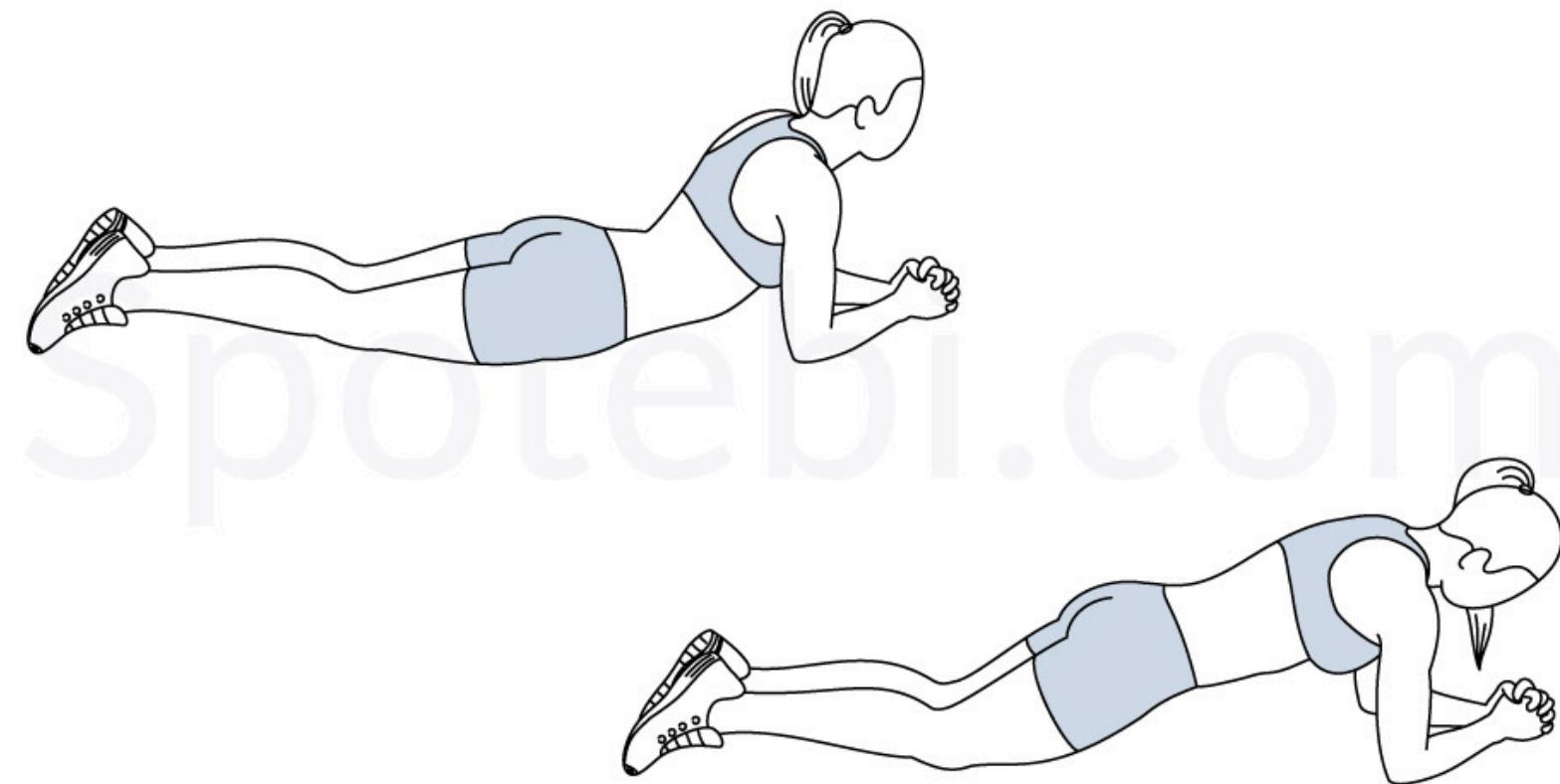
Fire Hydrant



Flutter Kick Squats



Abdominal Bridge

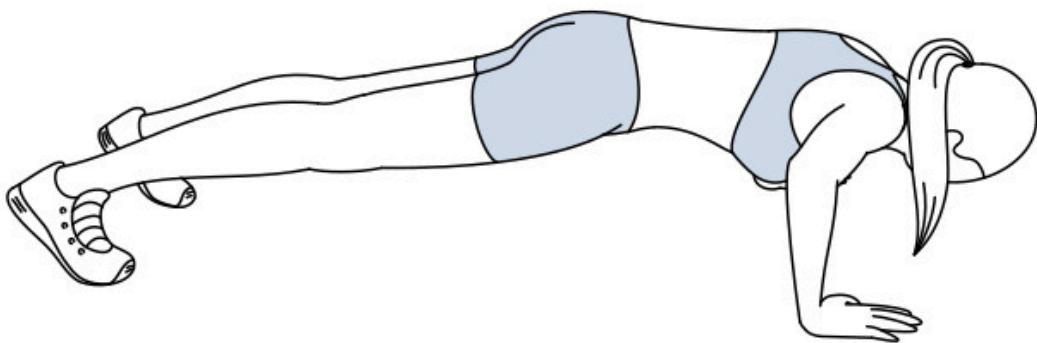


AB Stretch

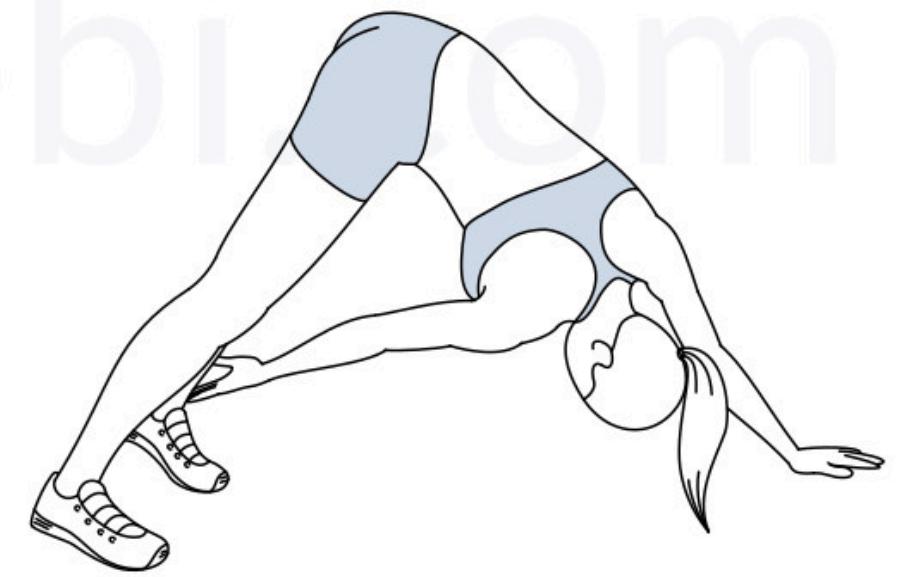


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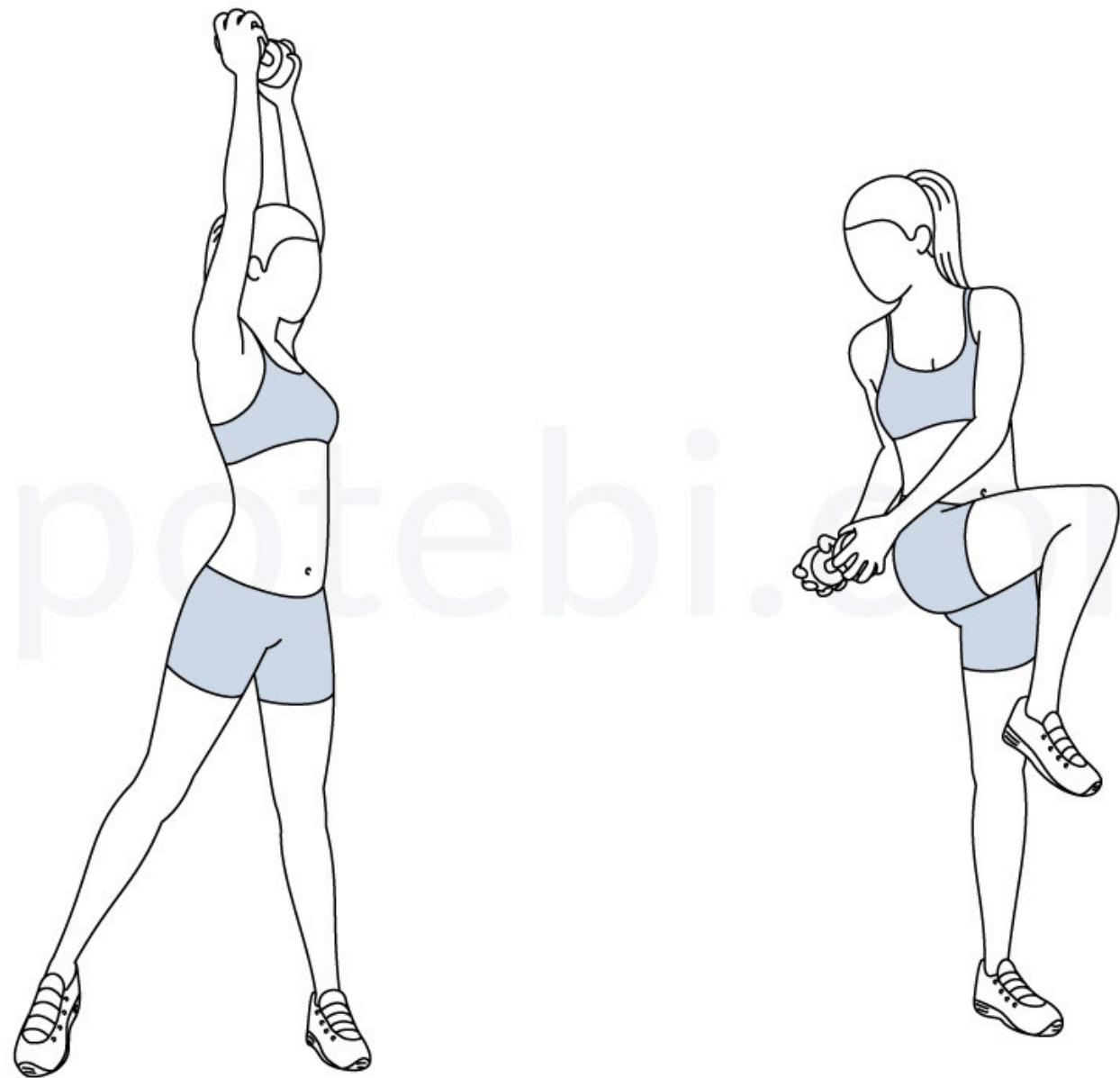
Ankle Tap Push Ups



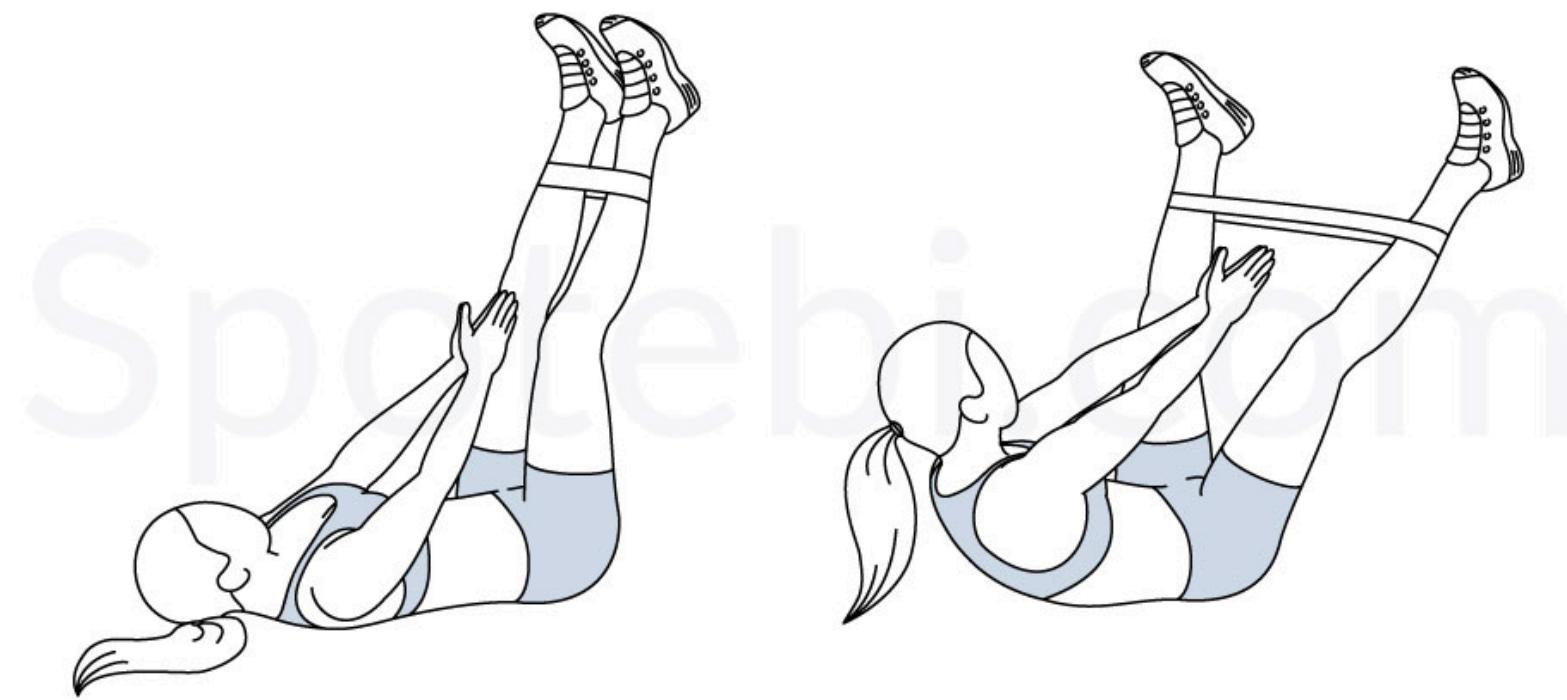
Spotebi.com



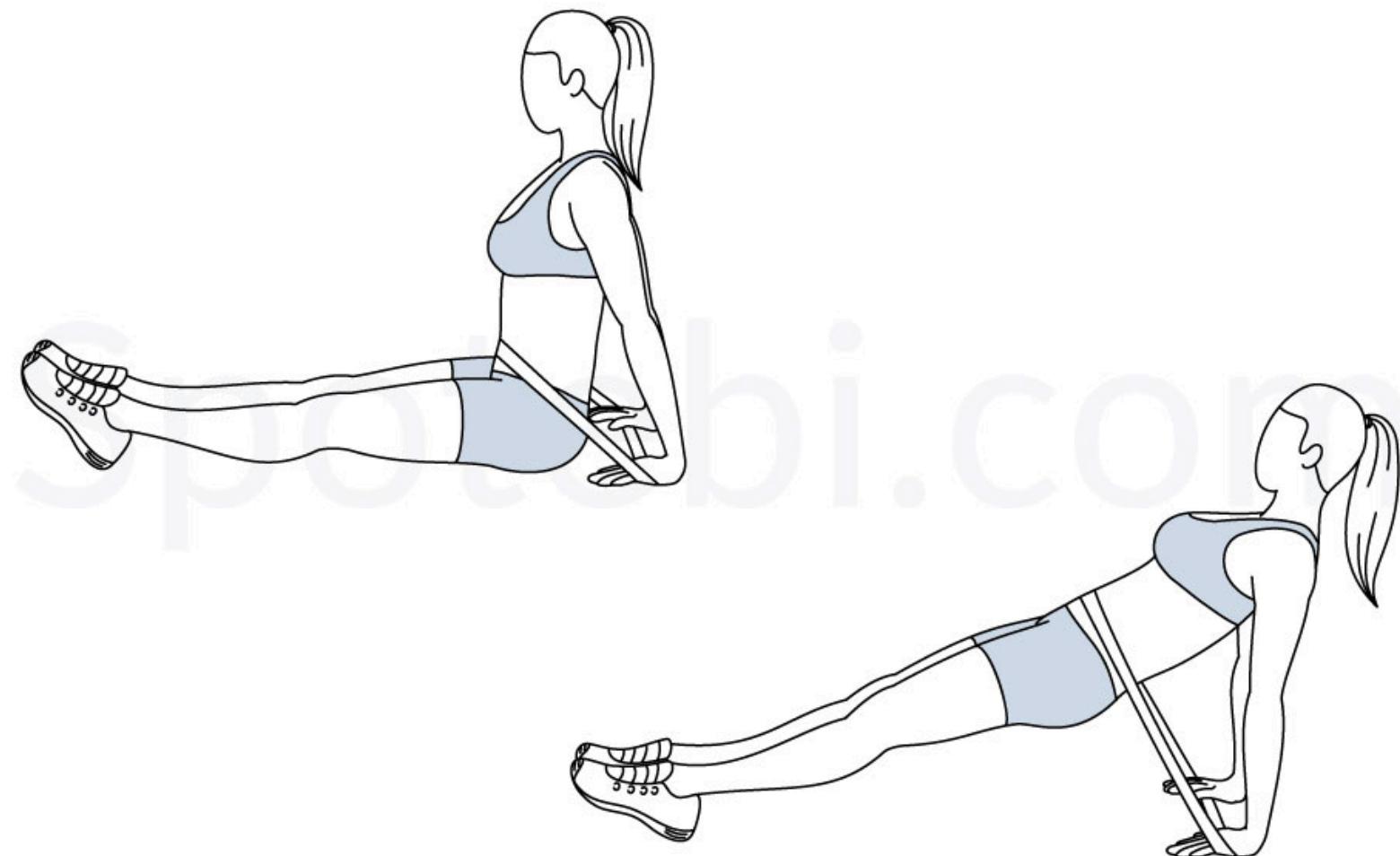
Balance Chop



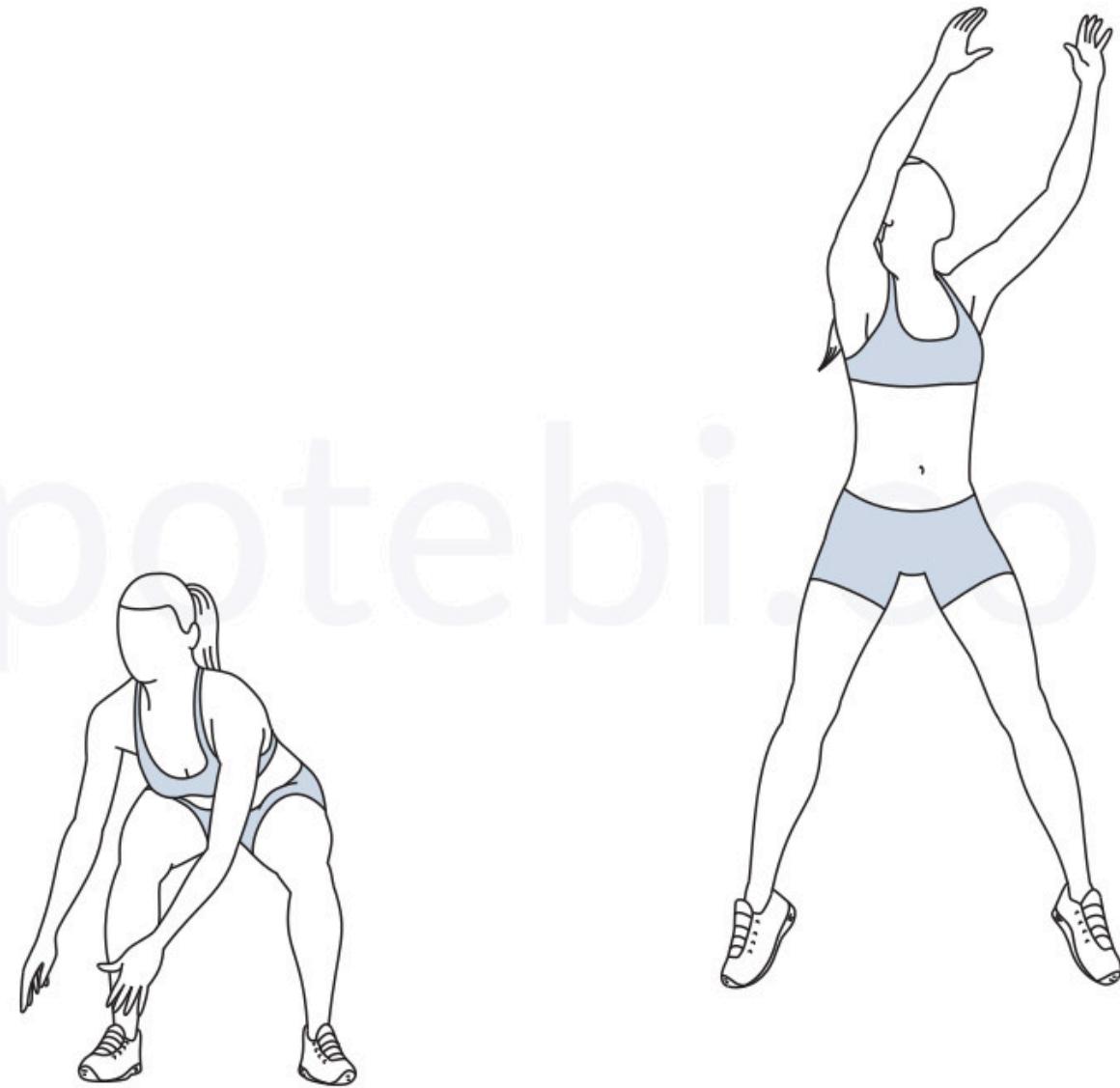
Band Leg Abduction Crunch



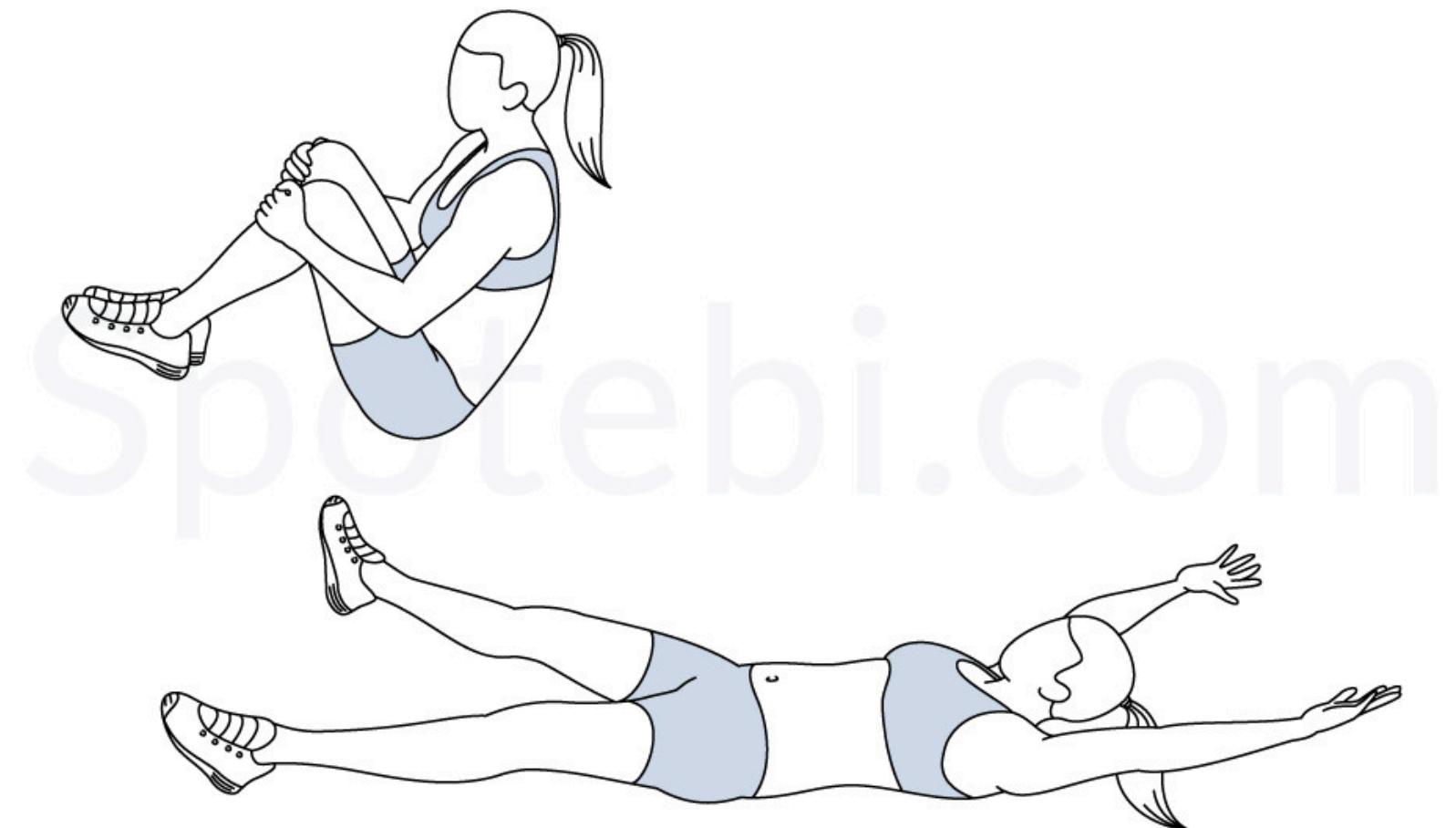
Band Reverse Plank



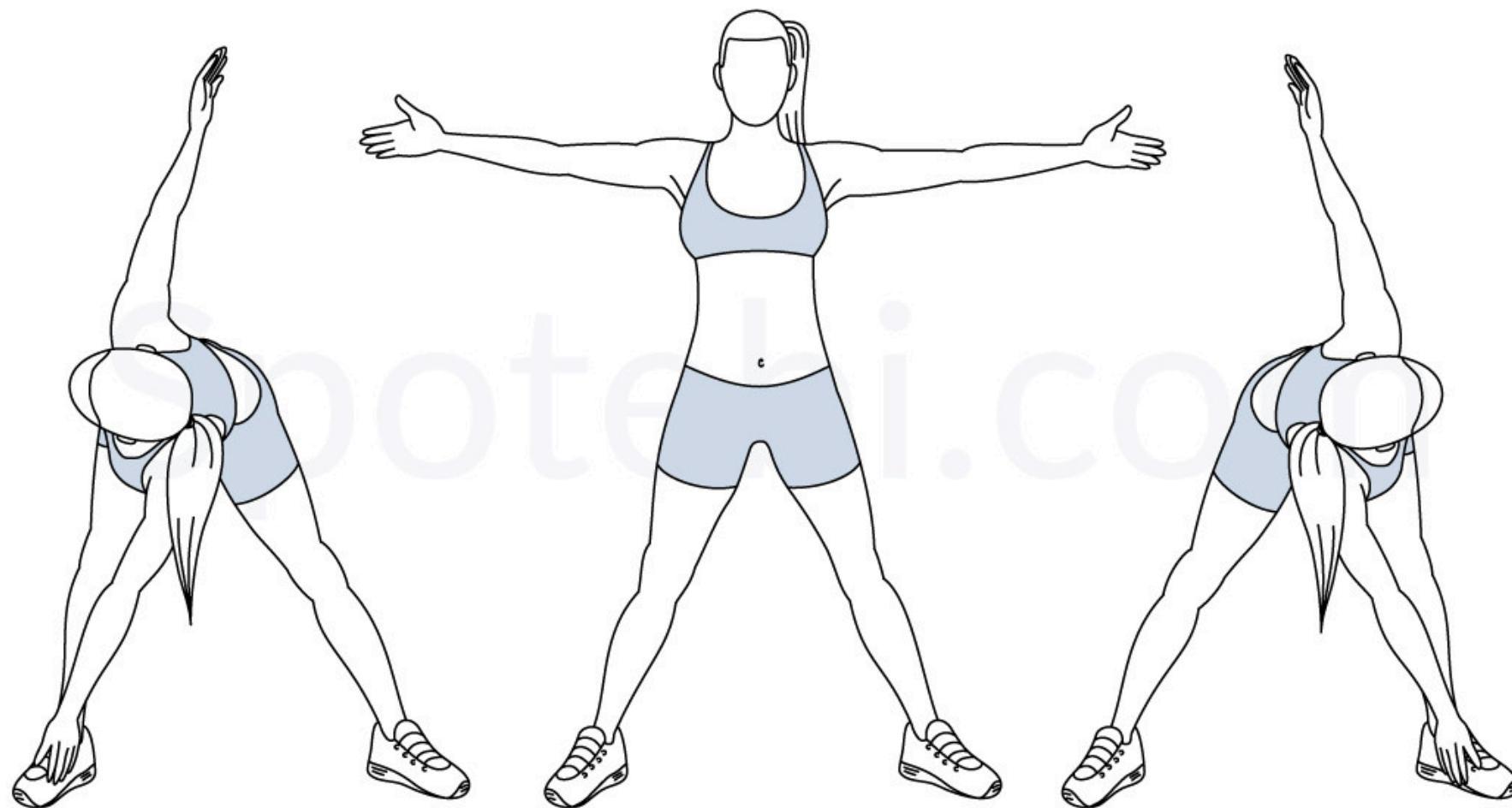
Basketball Shots



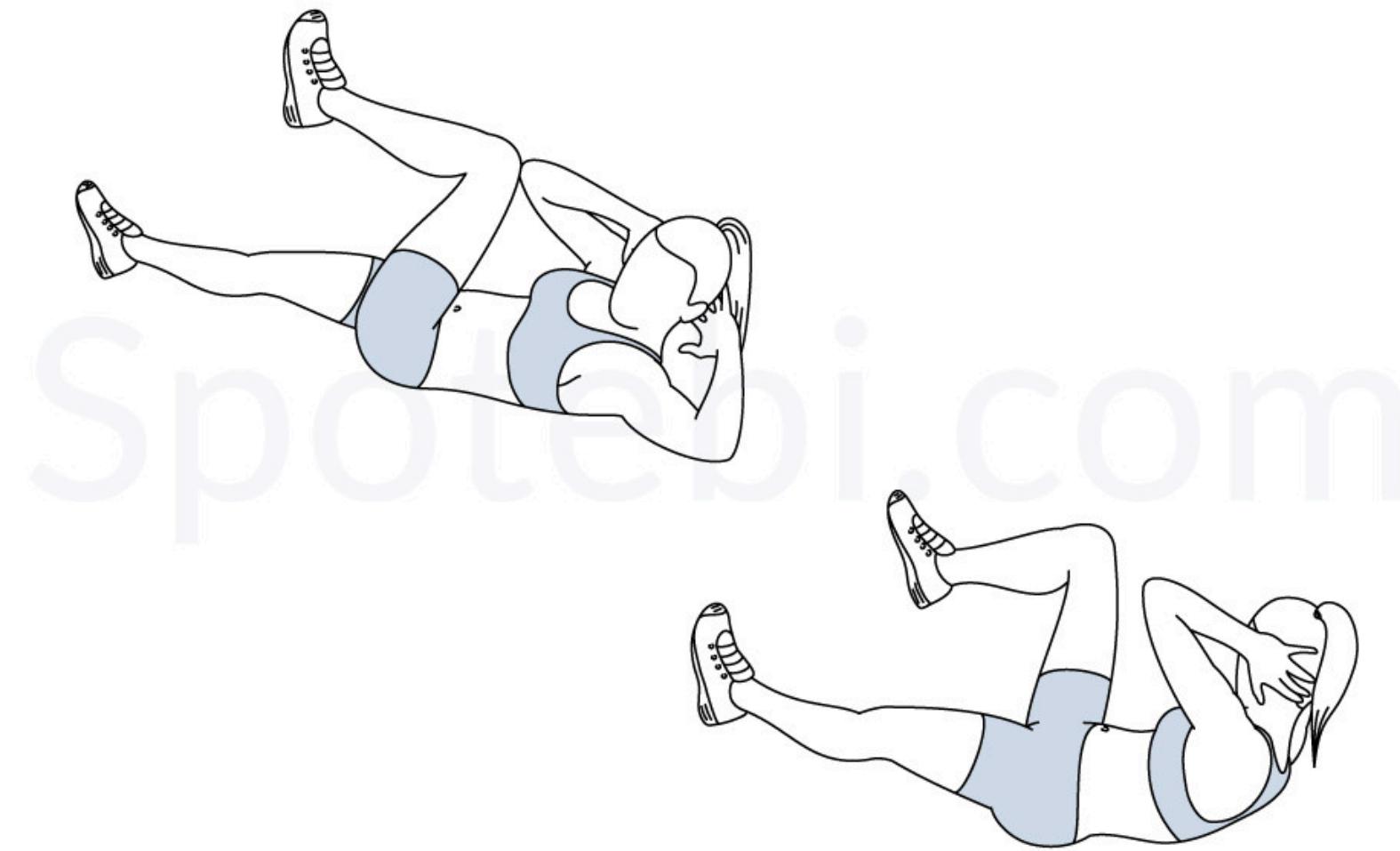
Bent Leg Jack Kinfe



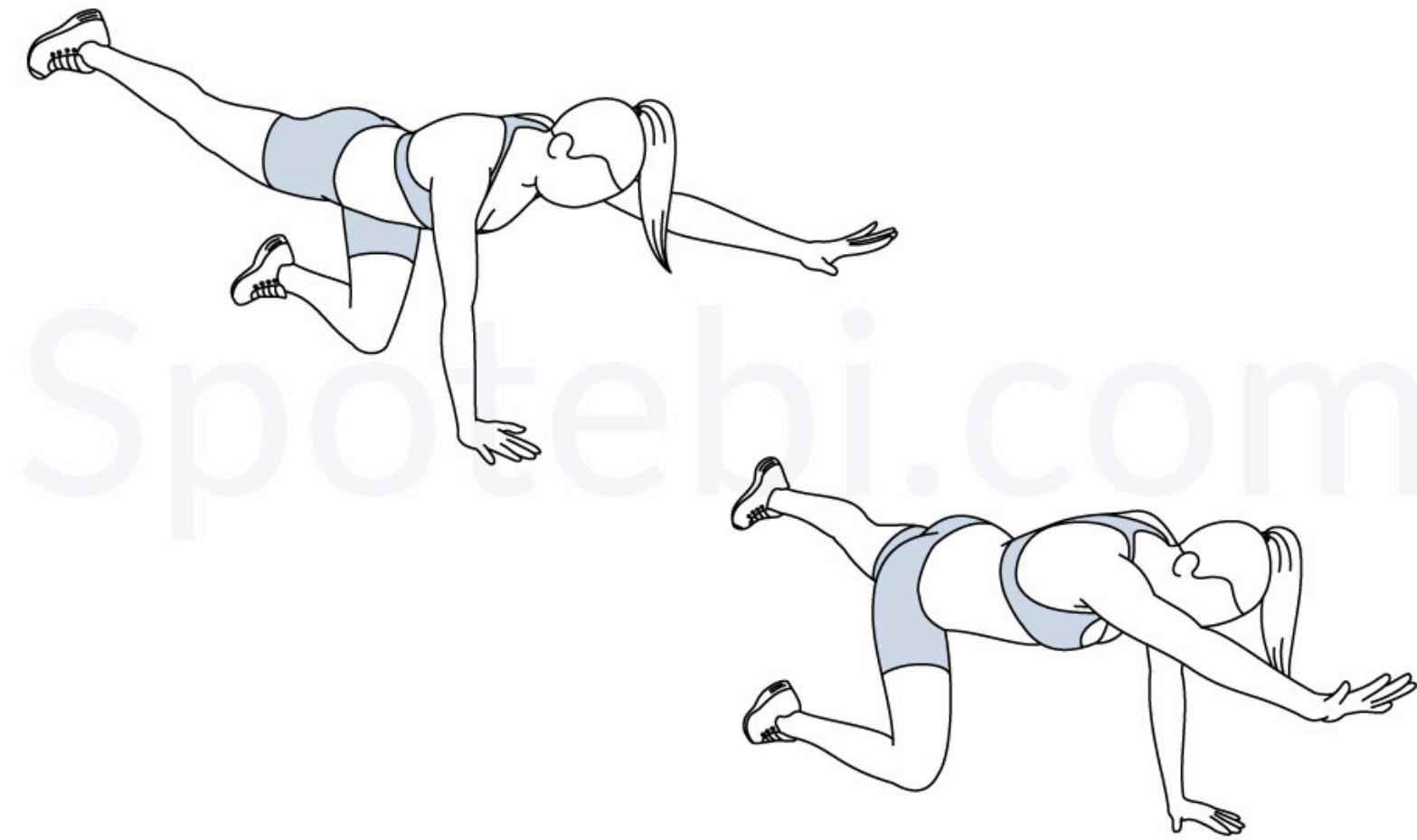
Bent Over Twist



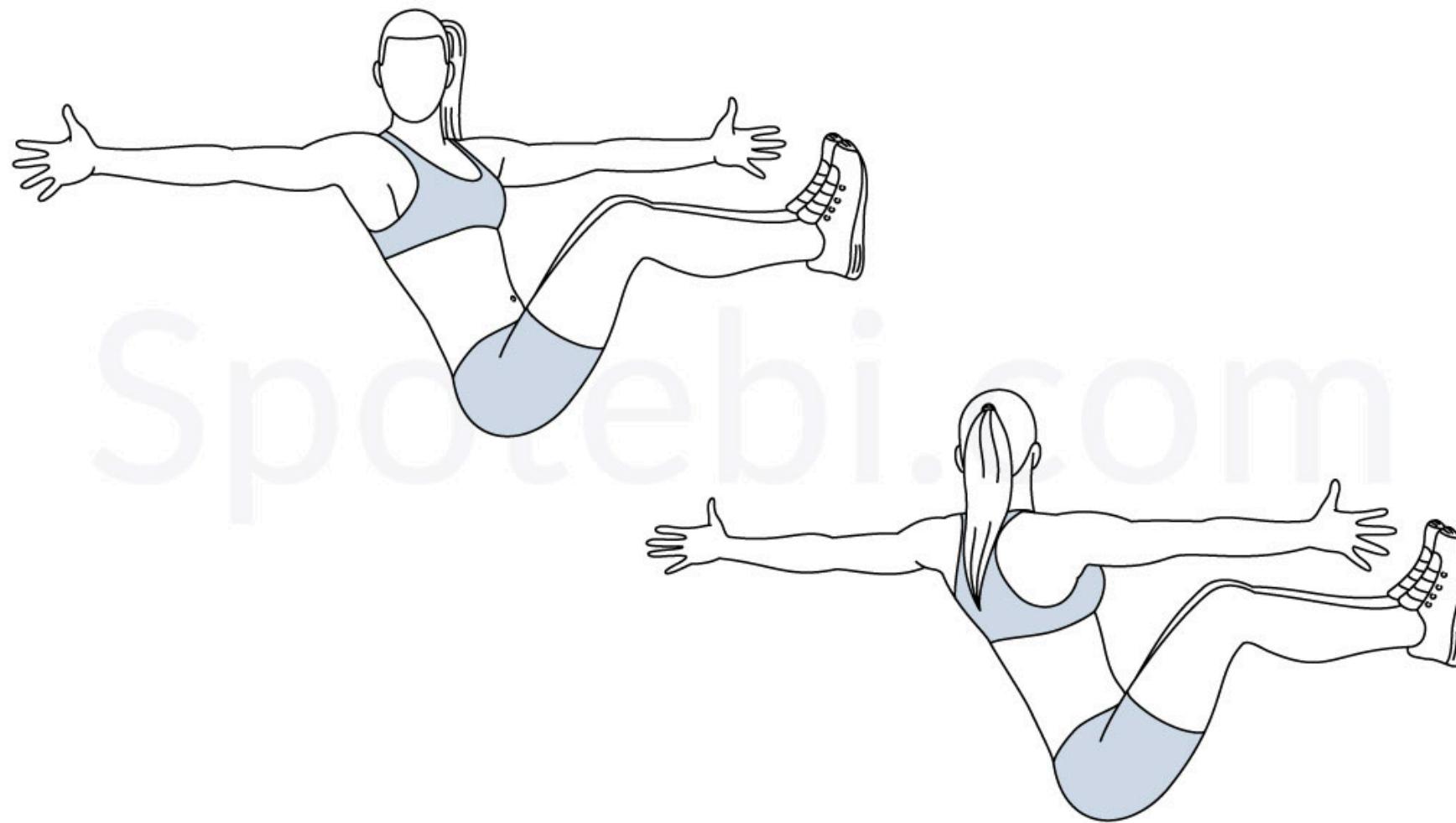
Bicycle Crunches



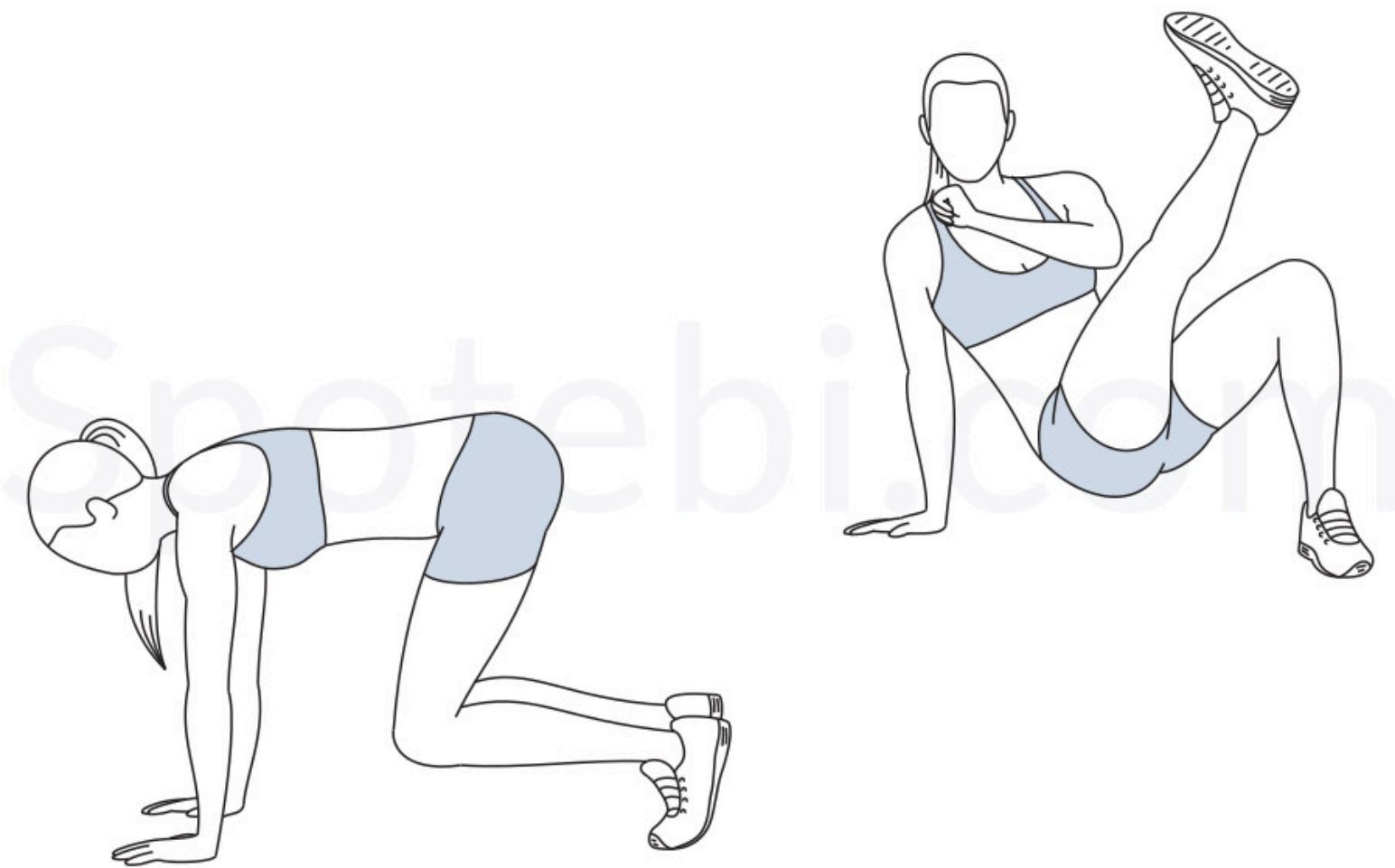
Bird Dogs



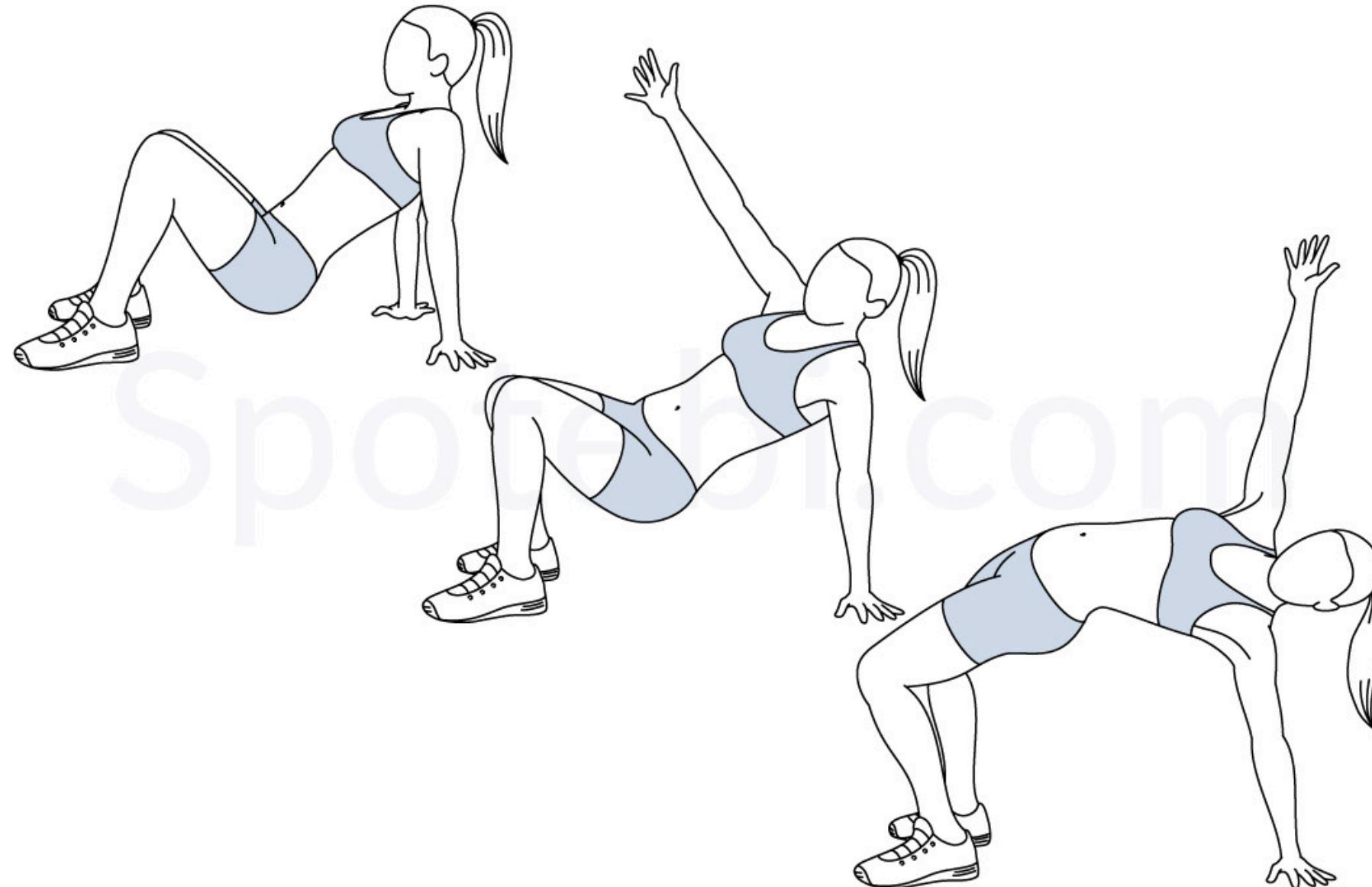
Boat Twist



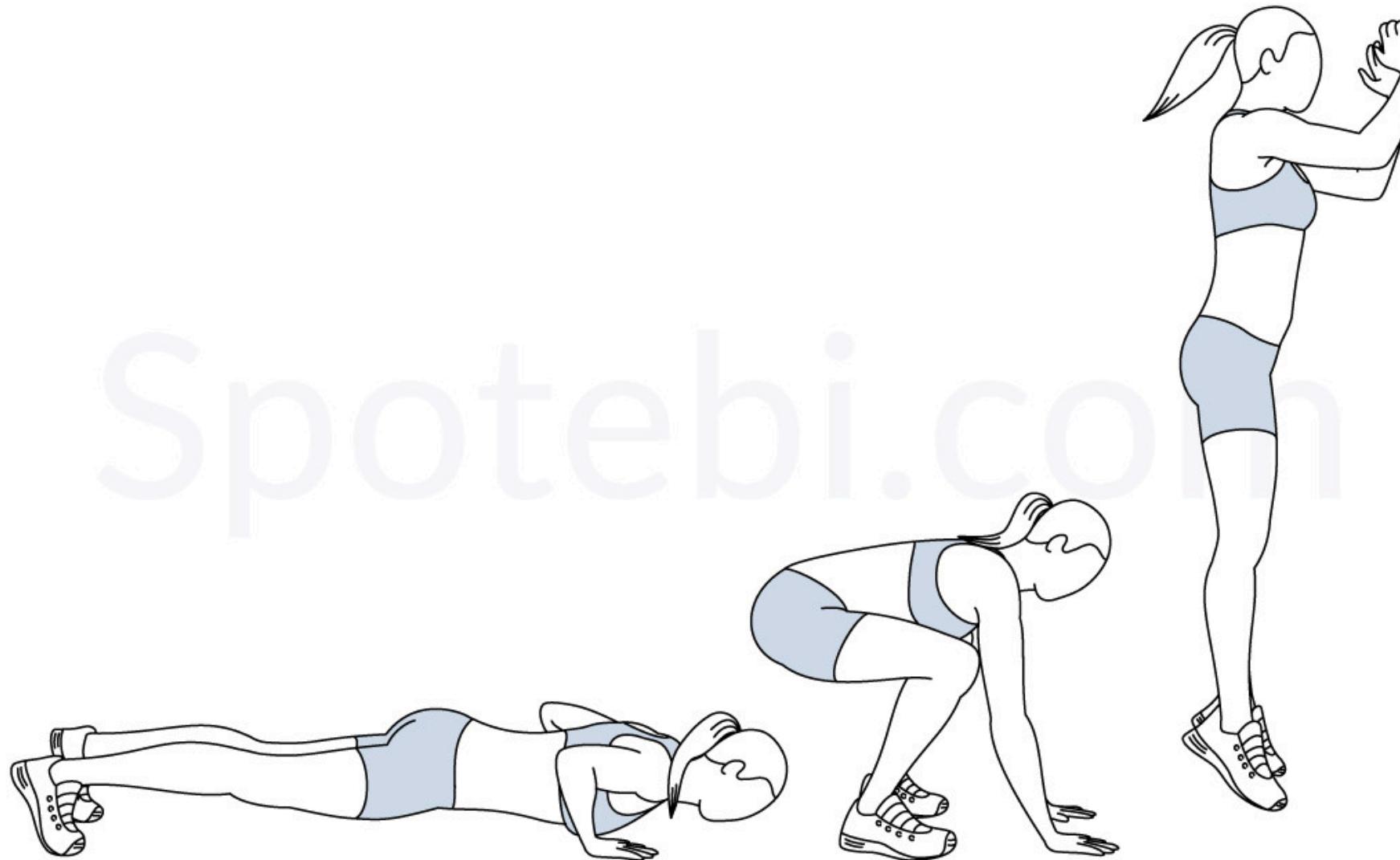
Breakdancer Kick



Bridge And Twist

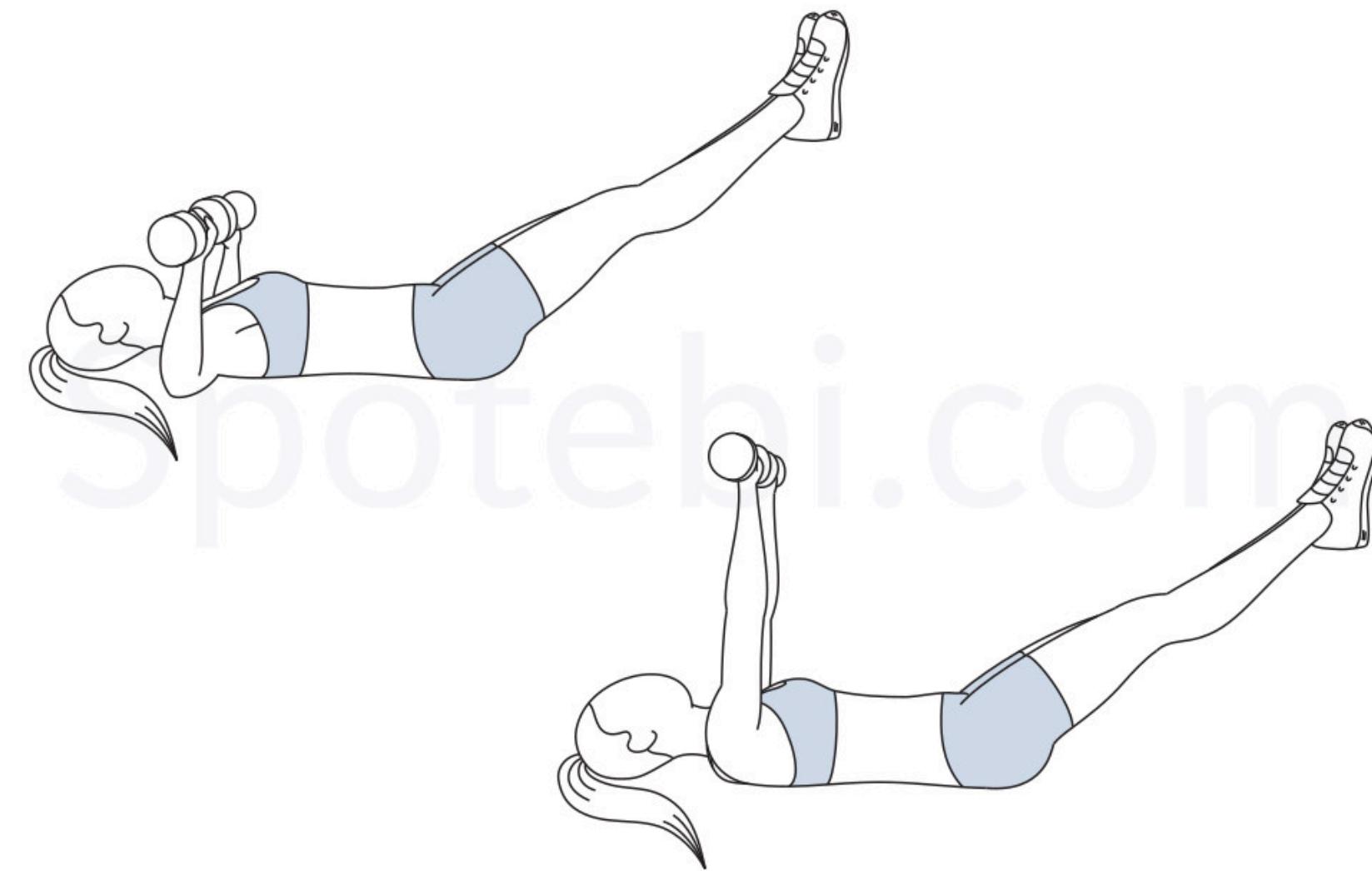


Burpees

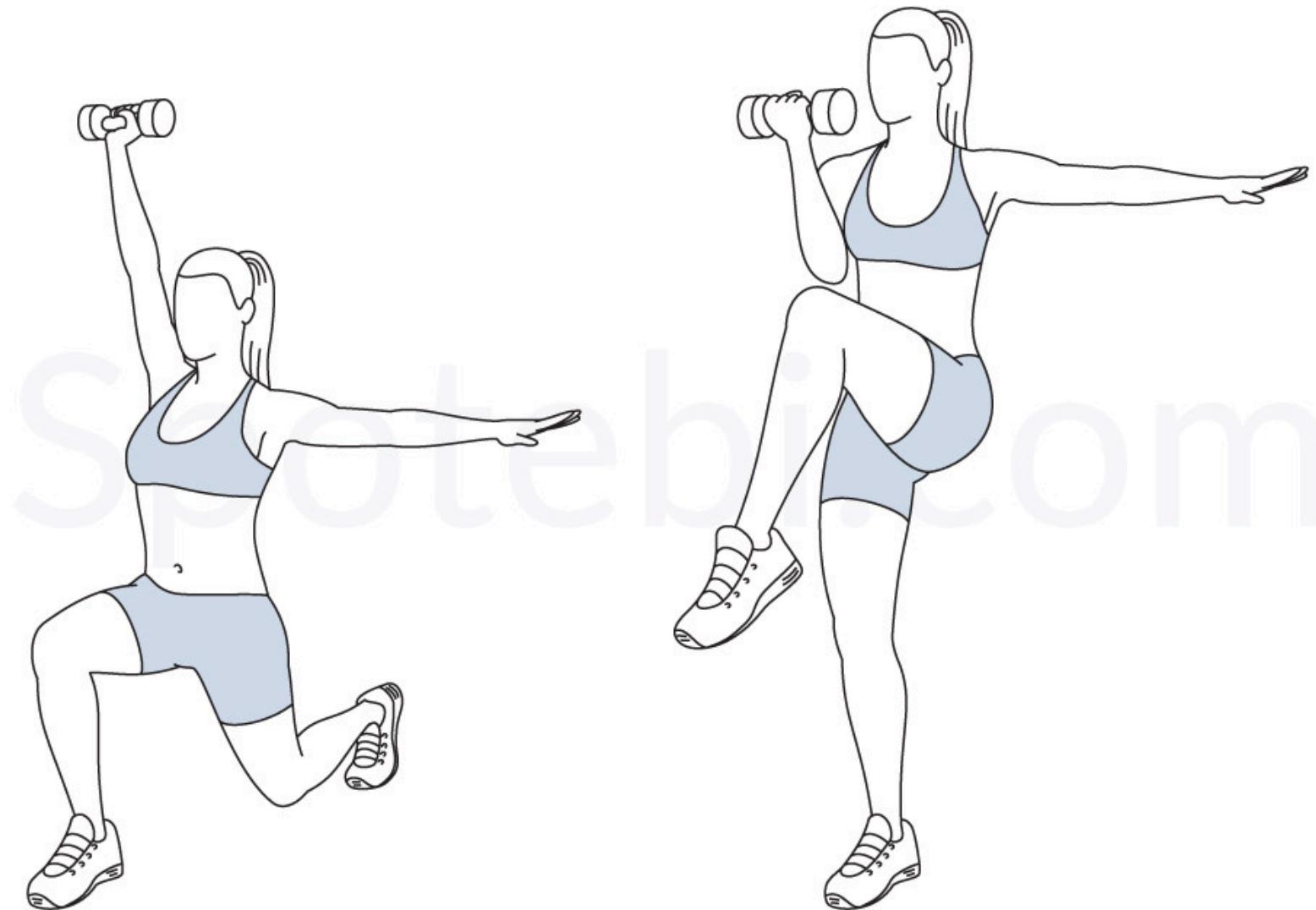


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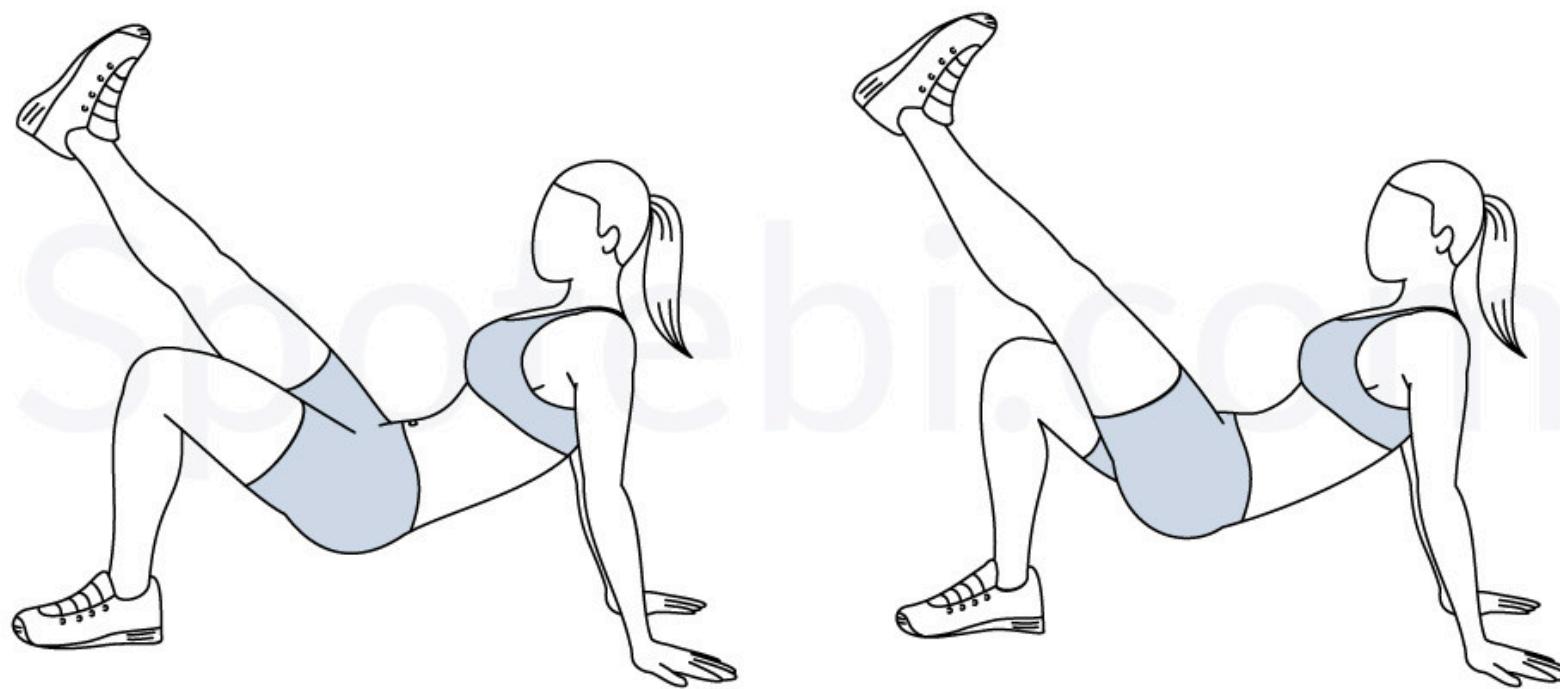
Chest Press With Legs Extended



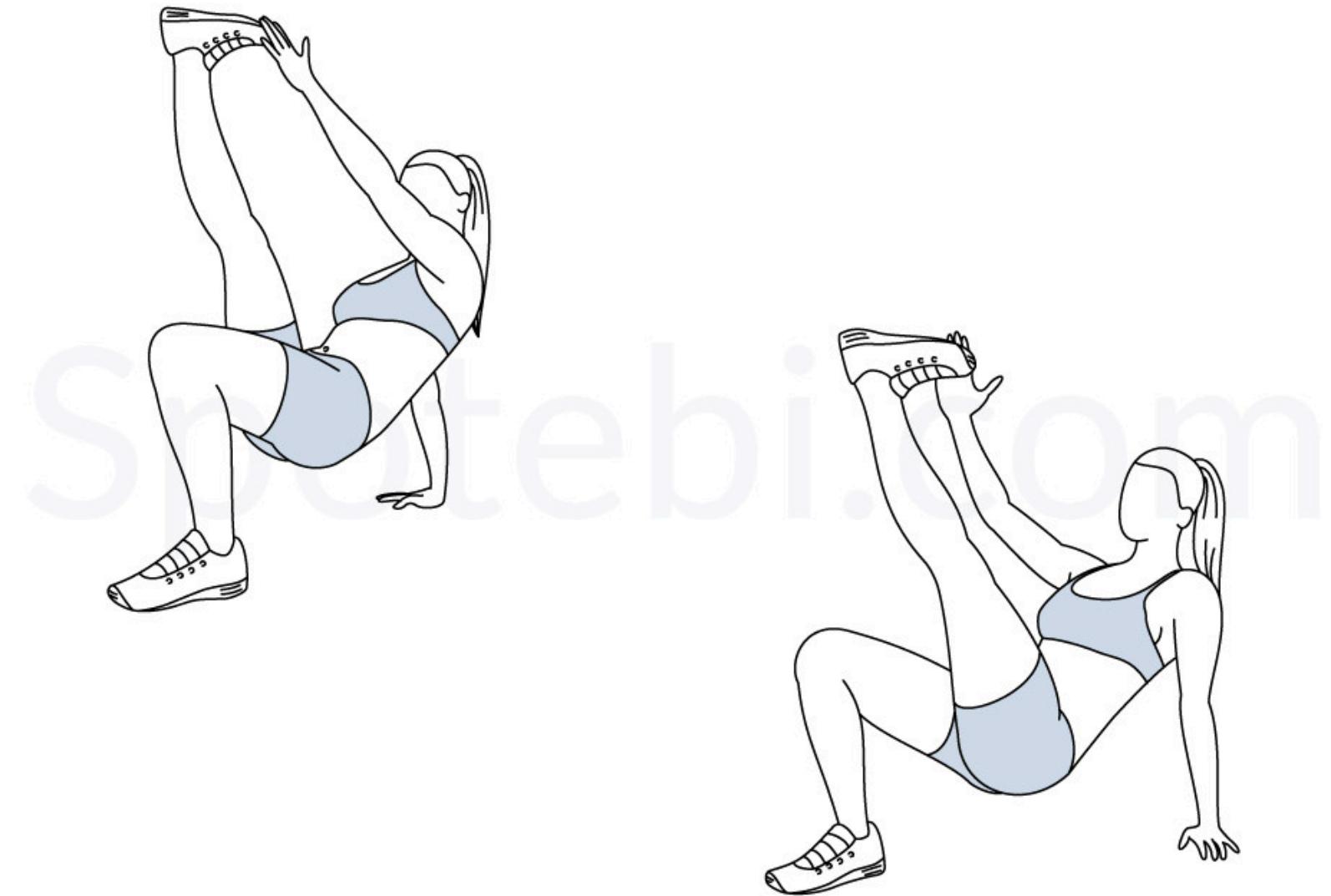
Core Control Rear Lunge



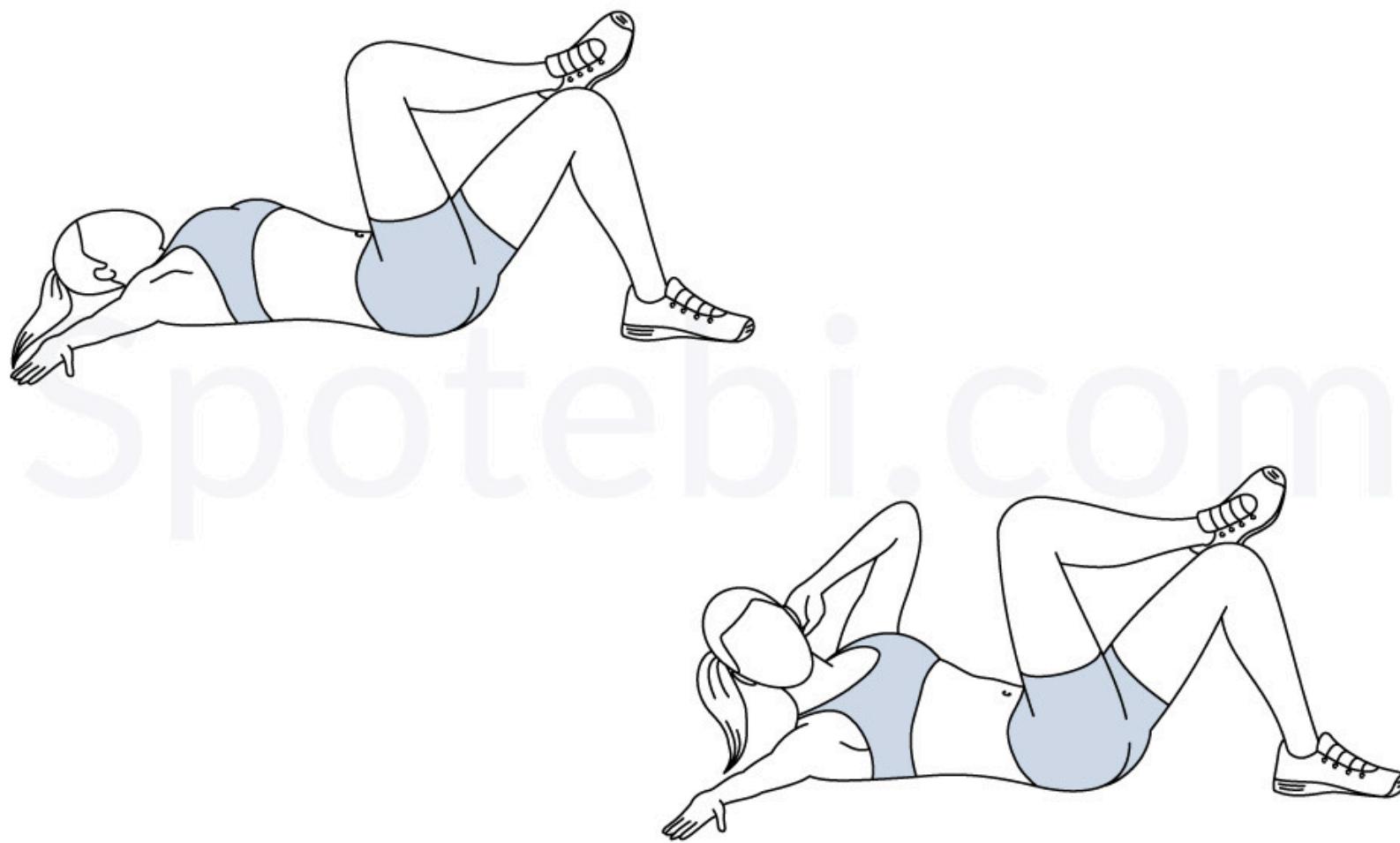
Crab Kicks



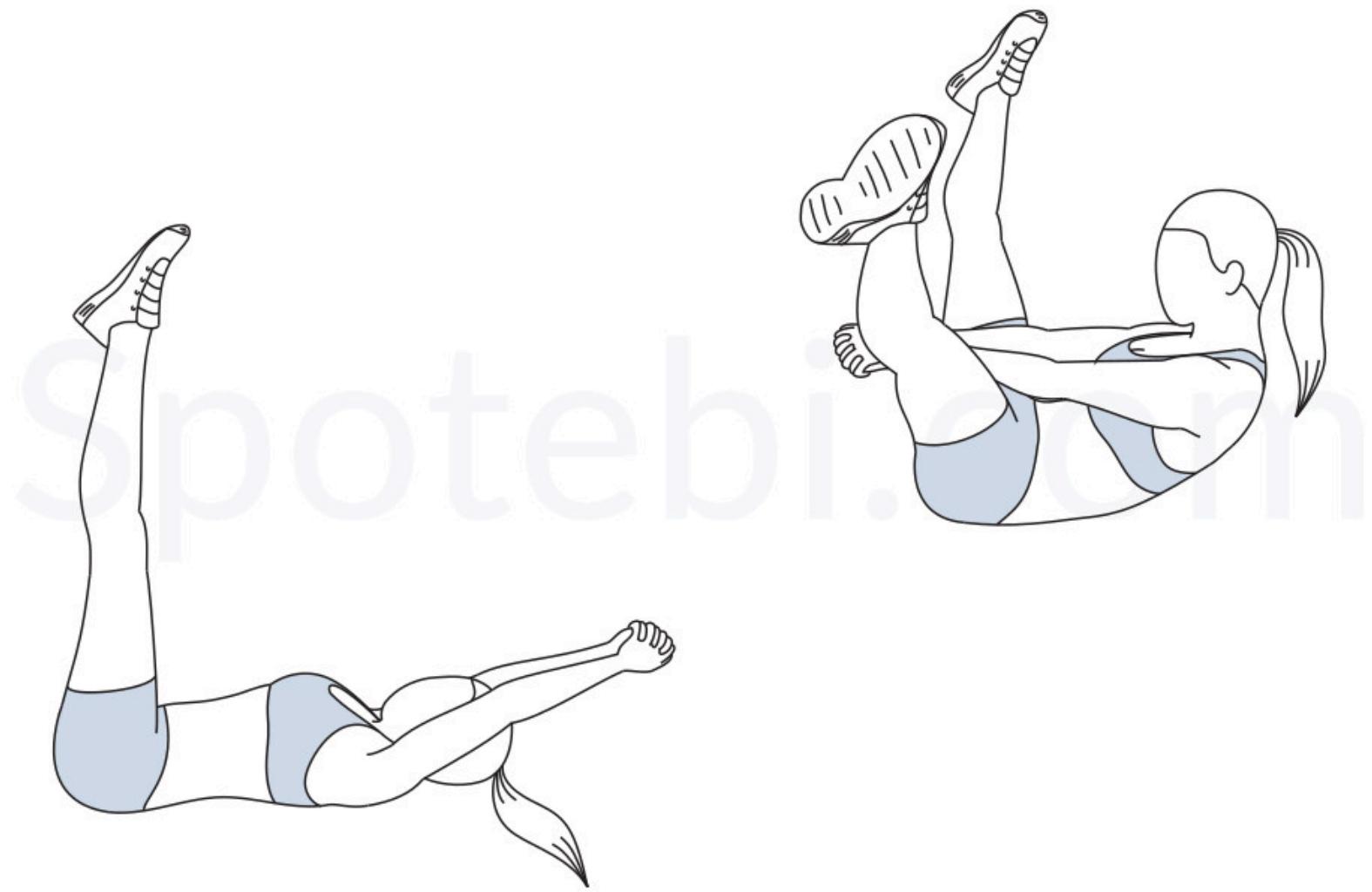
Crab Toe Touches



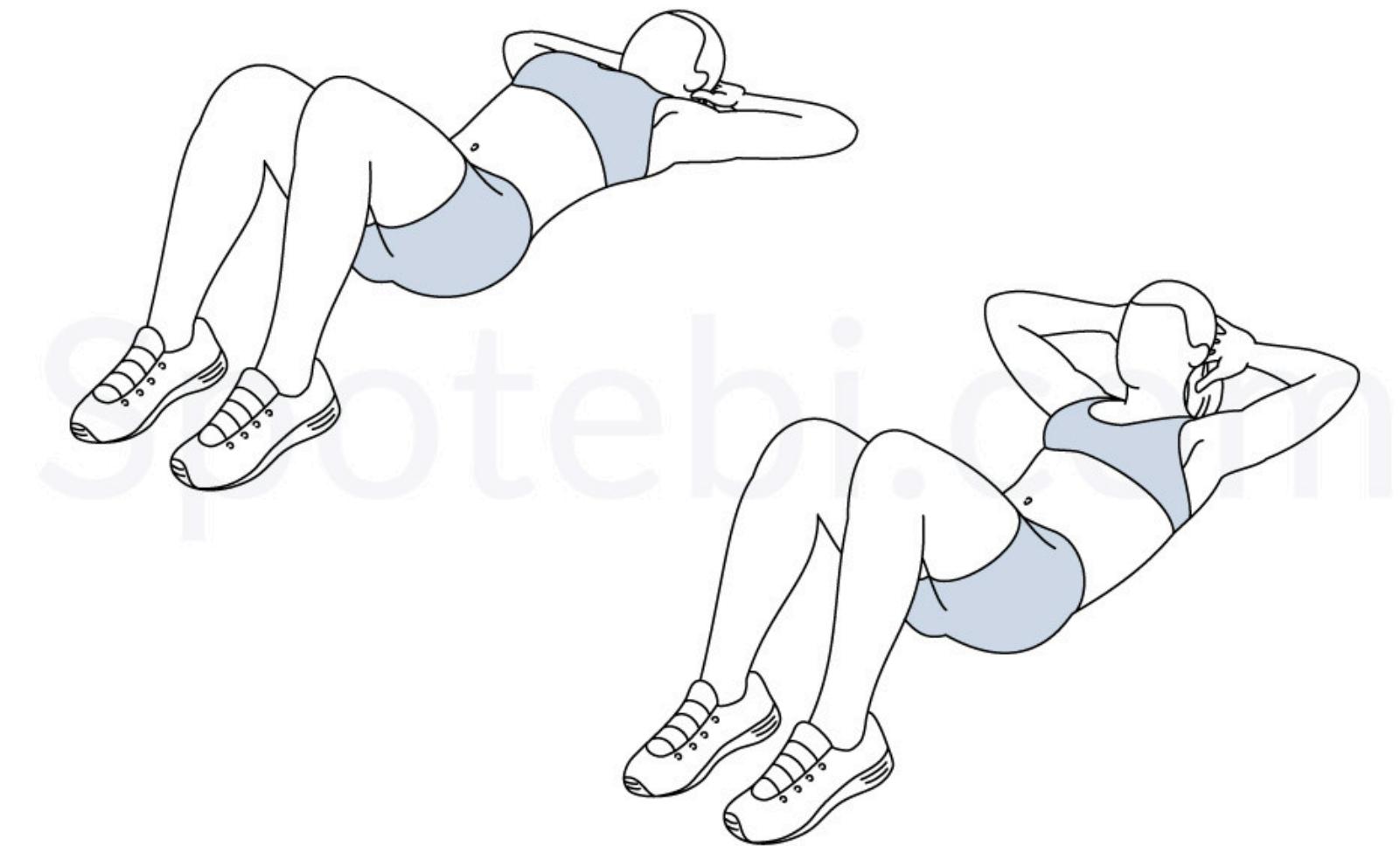
Cross Crunches



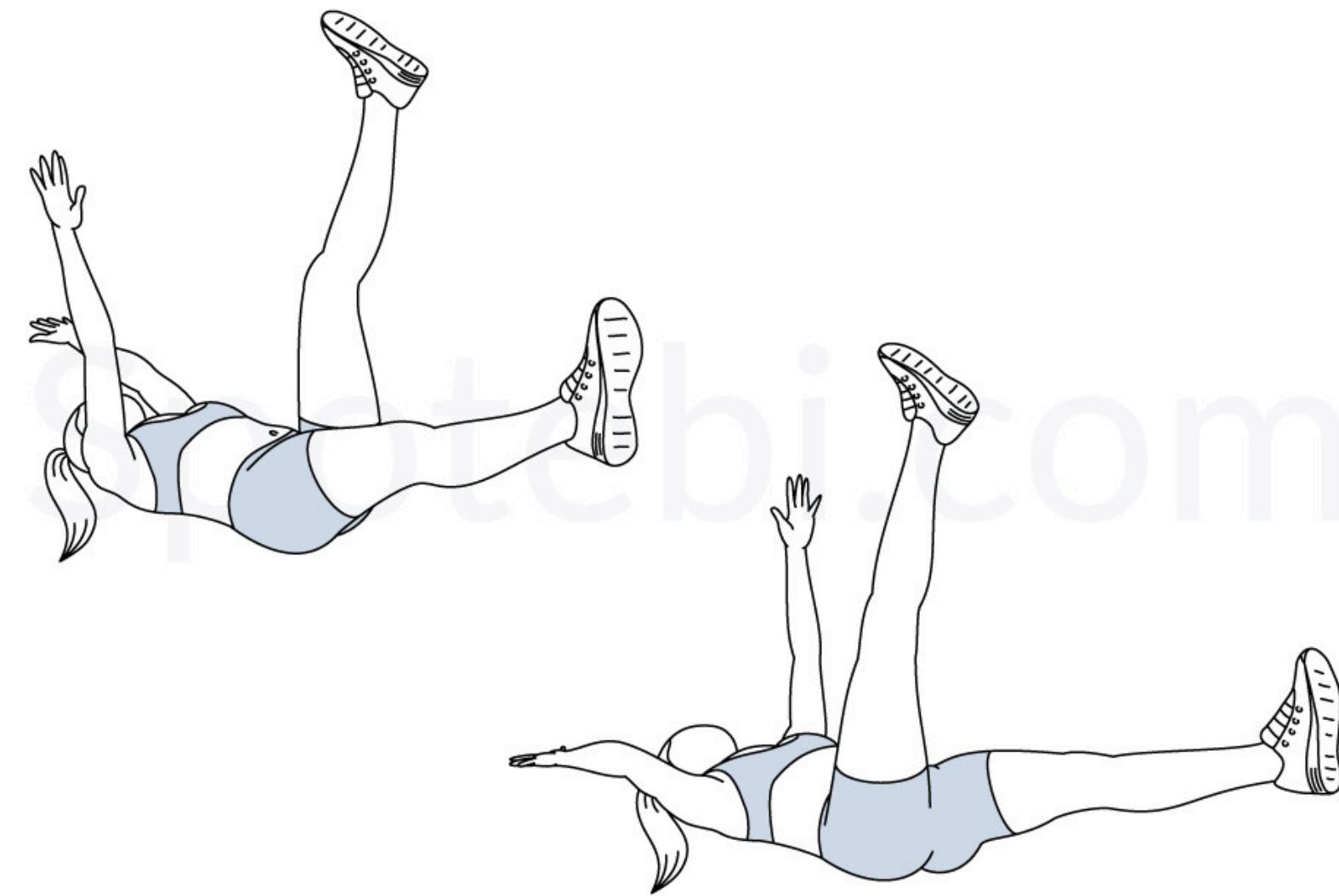
Crunch Chop



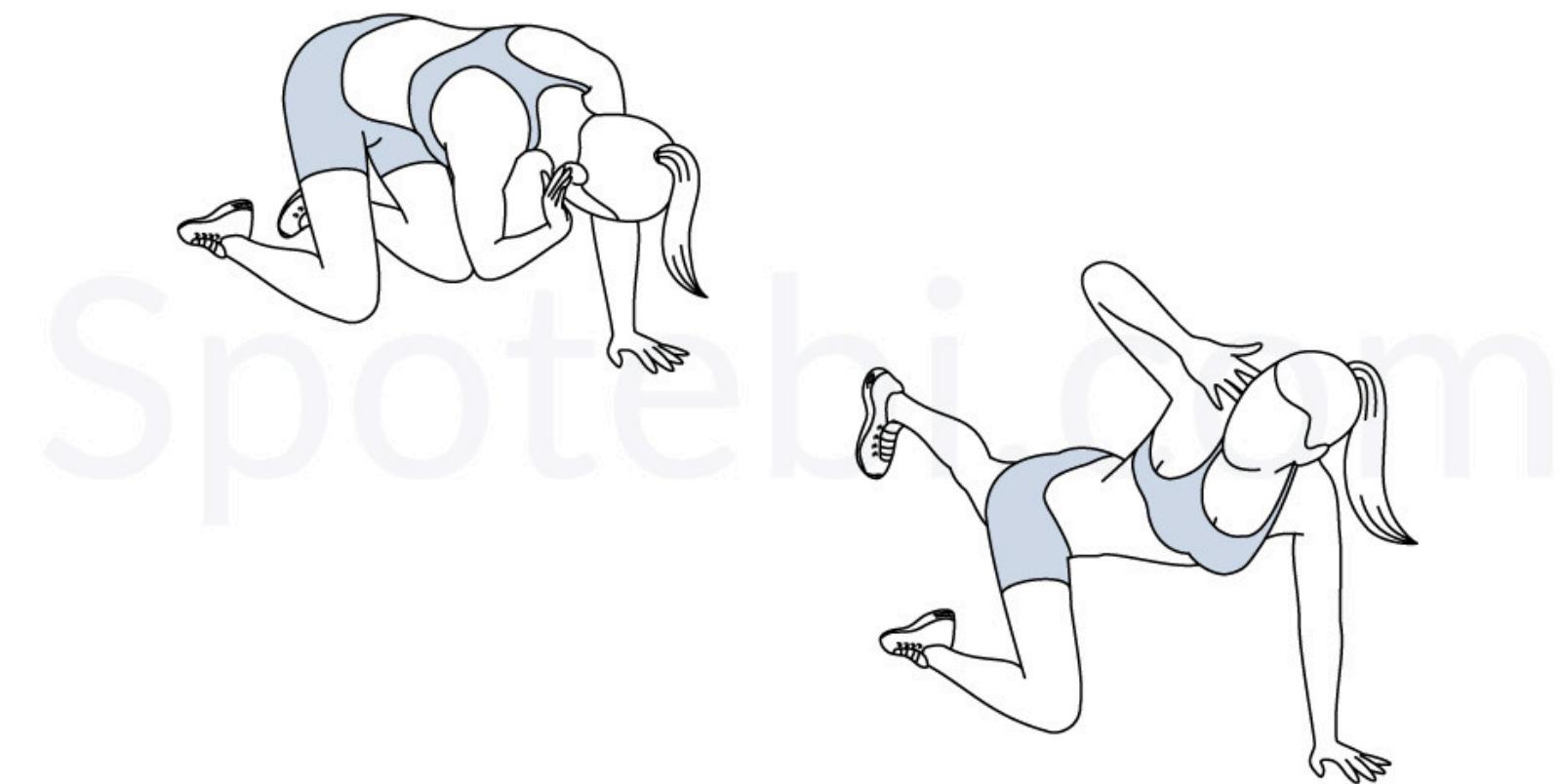
Crunches



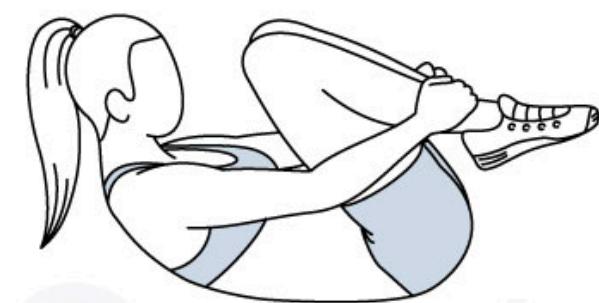
Dead Bug



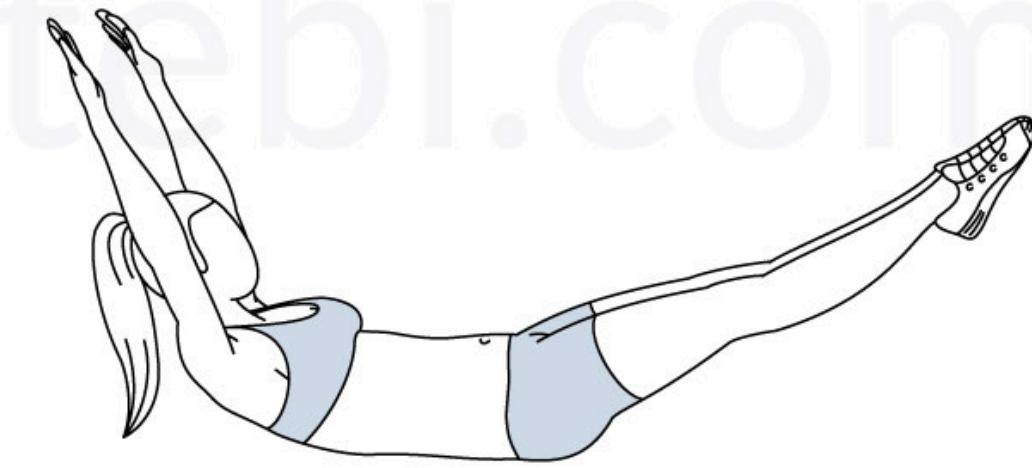
Donkey Kick Twist



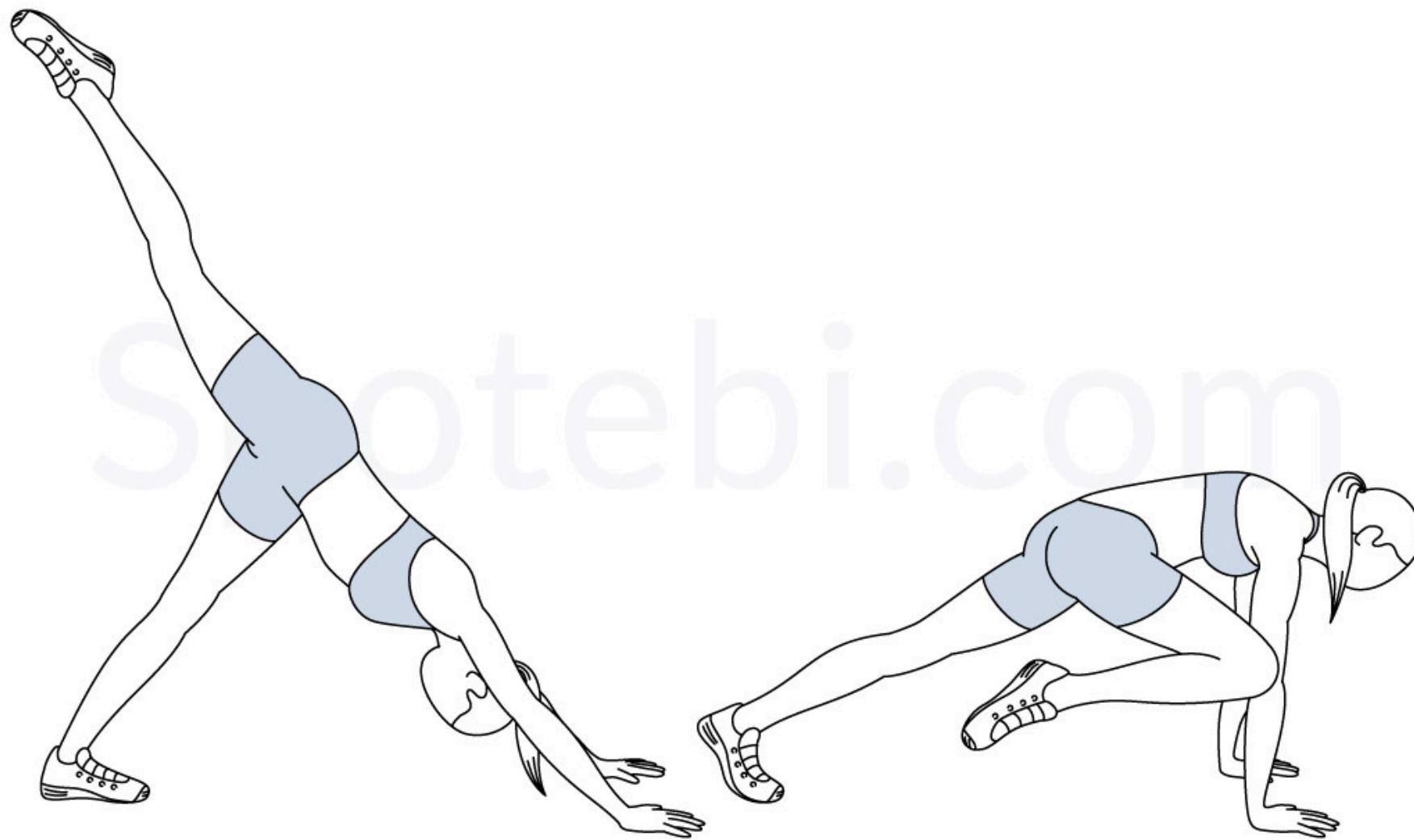
Double Leg Stretch



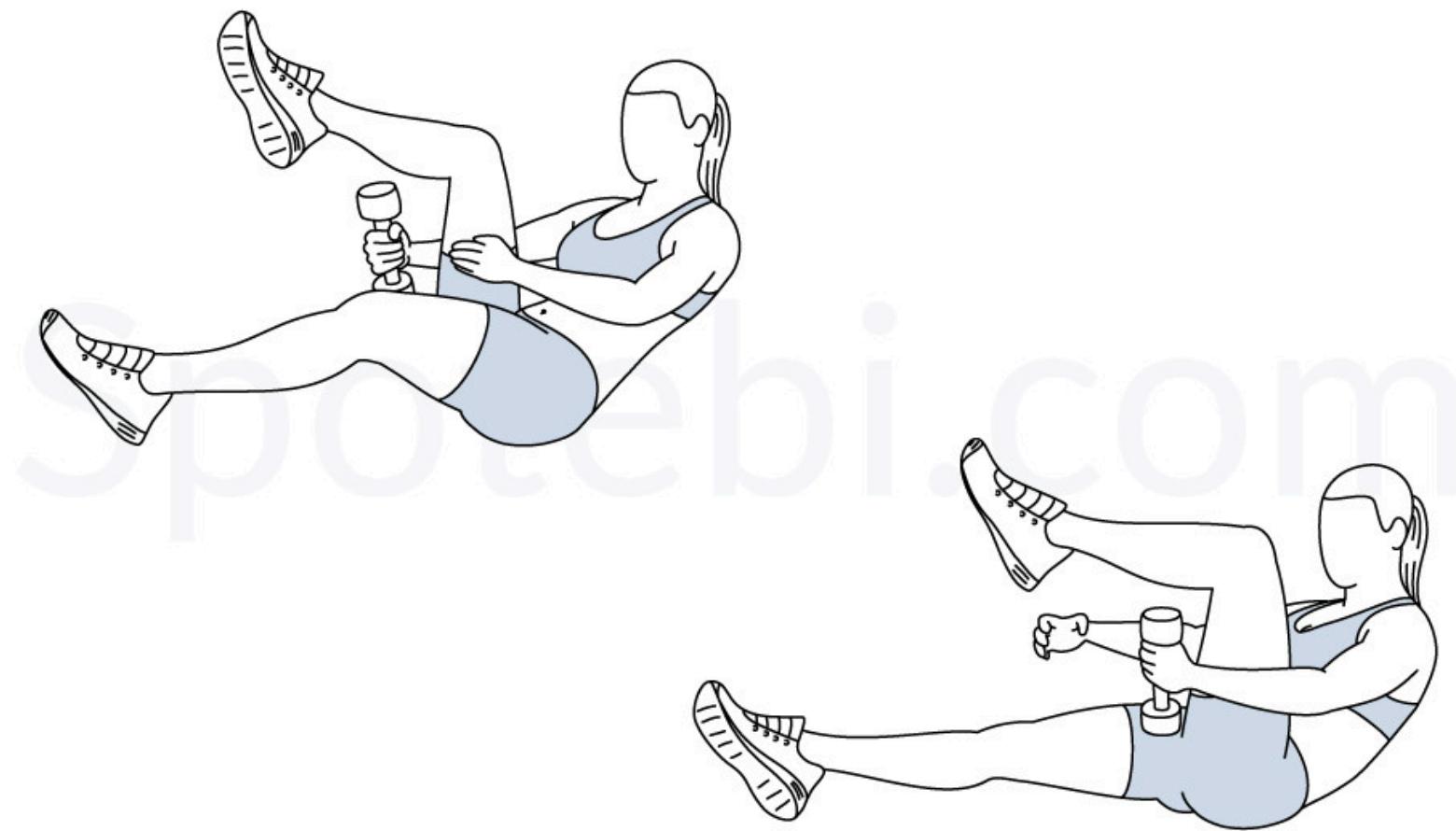
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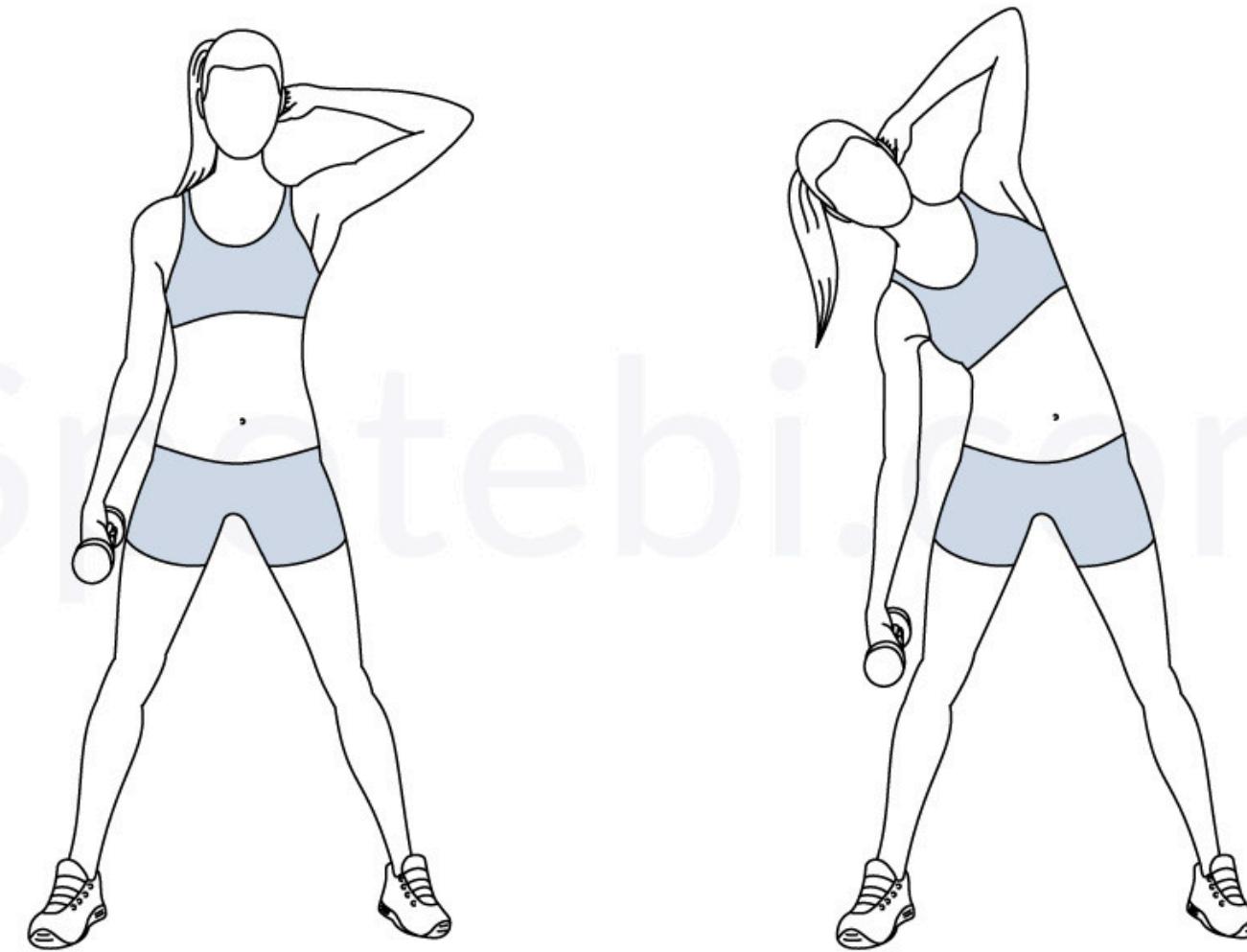
Downward Dog Crunch



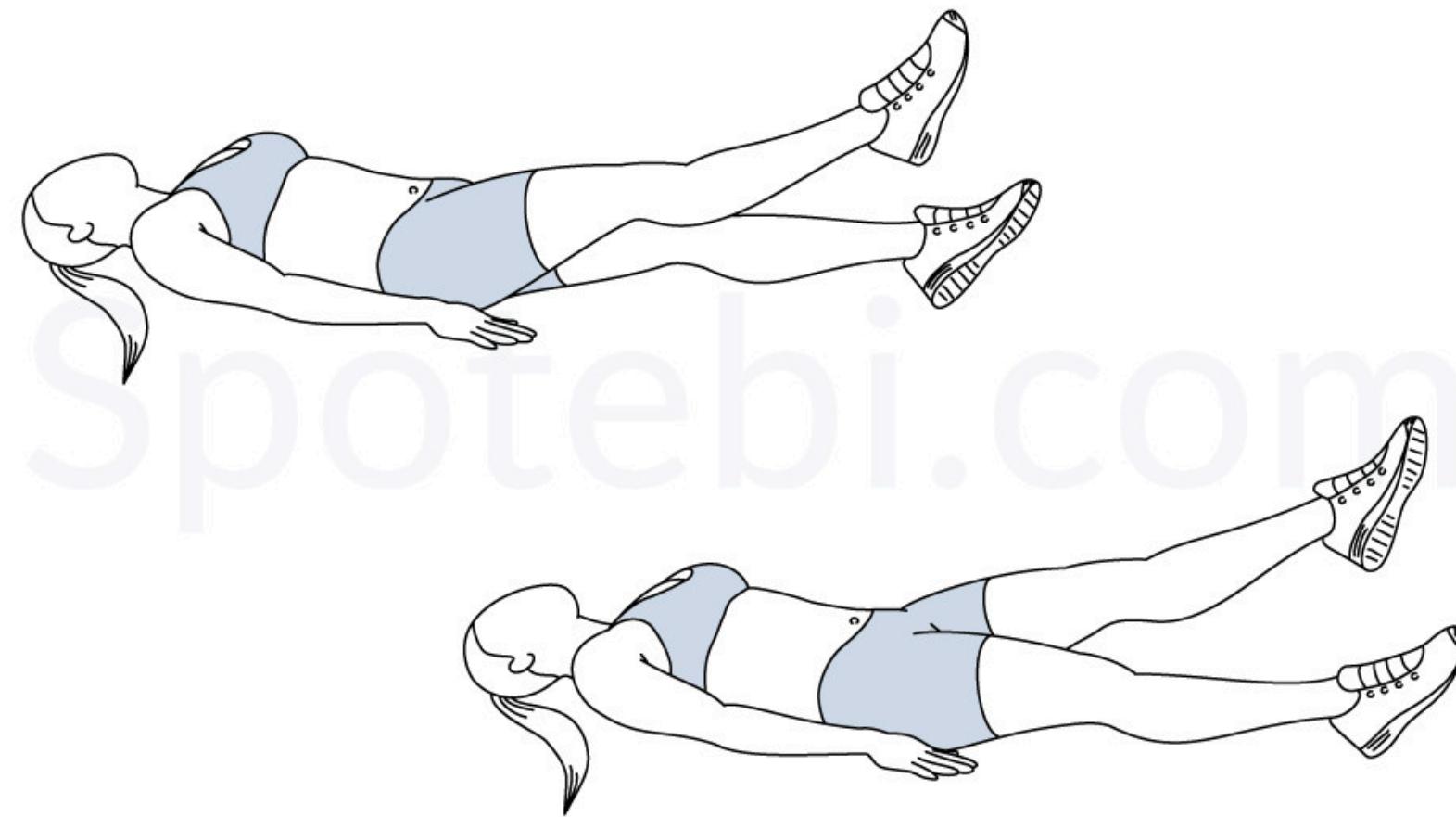
Dumbbell Leg Loop



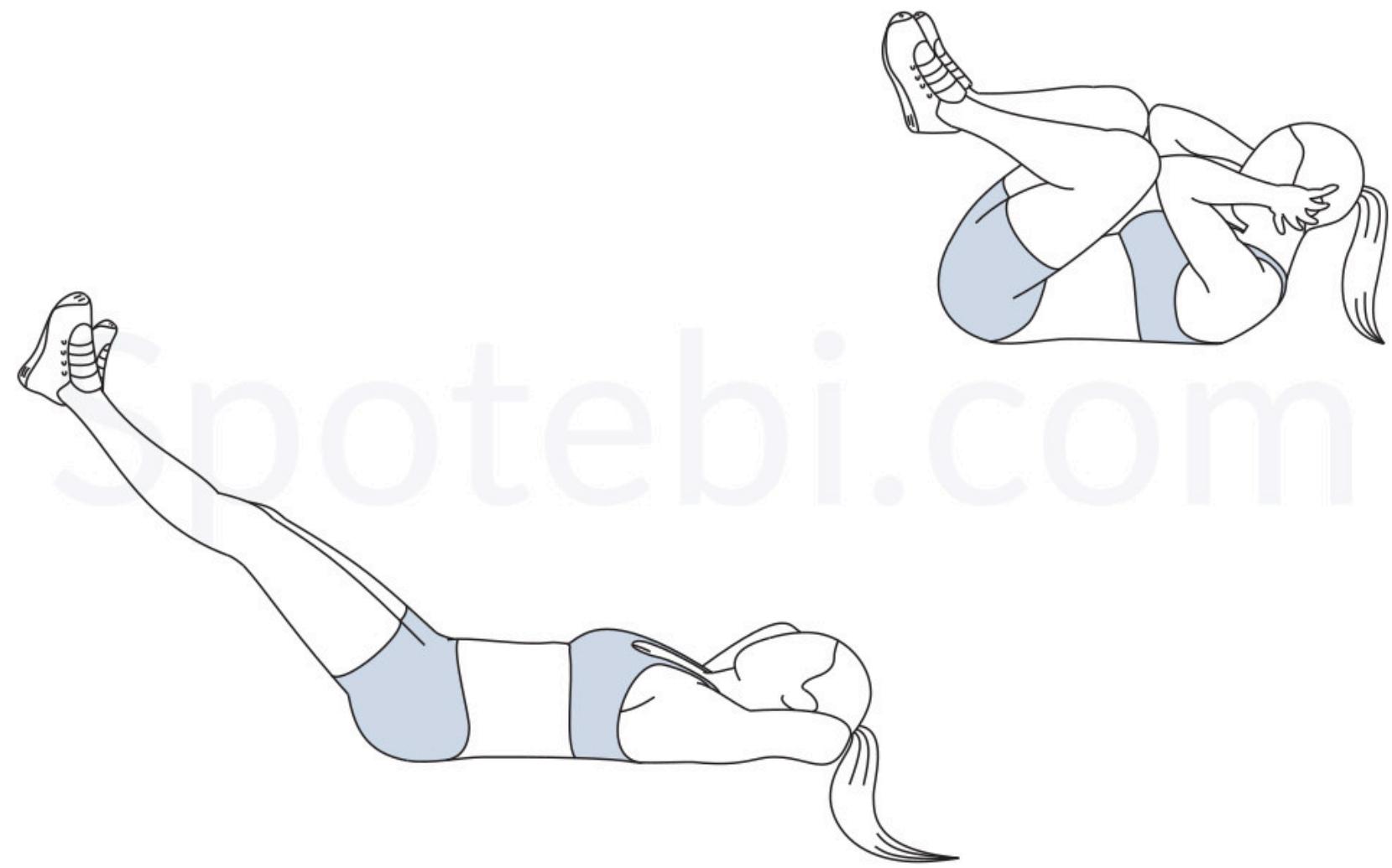
Dumbbell Side Bend



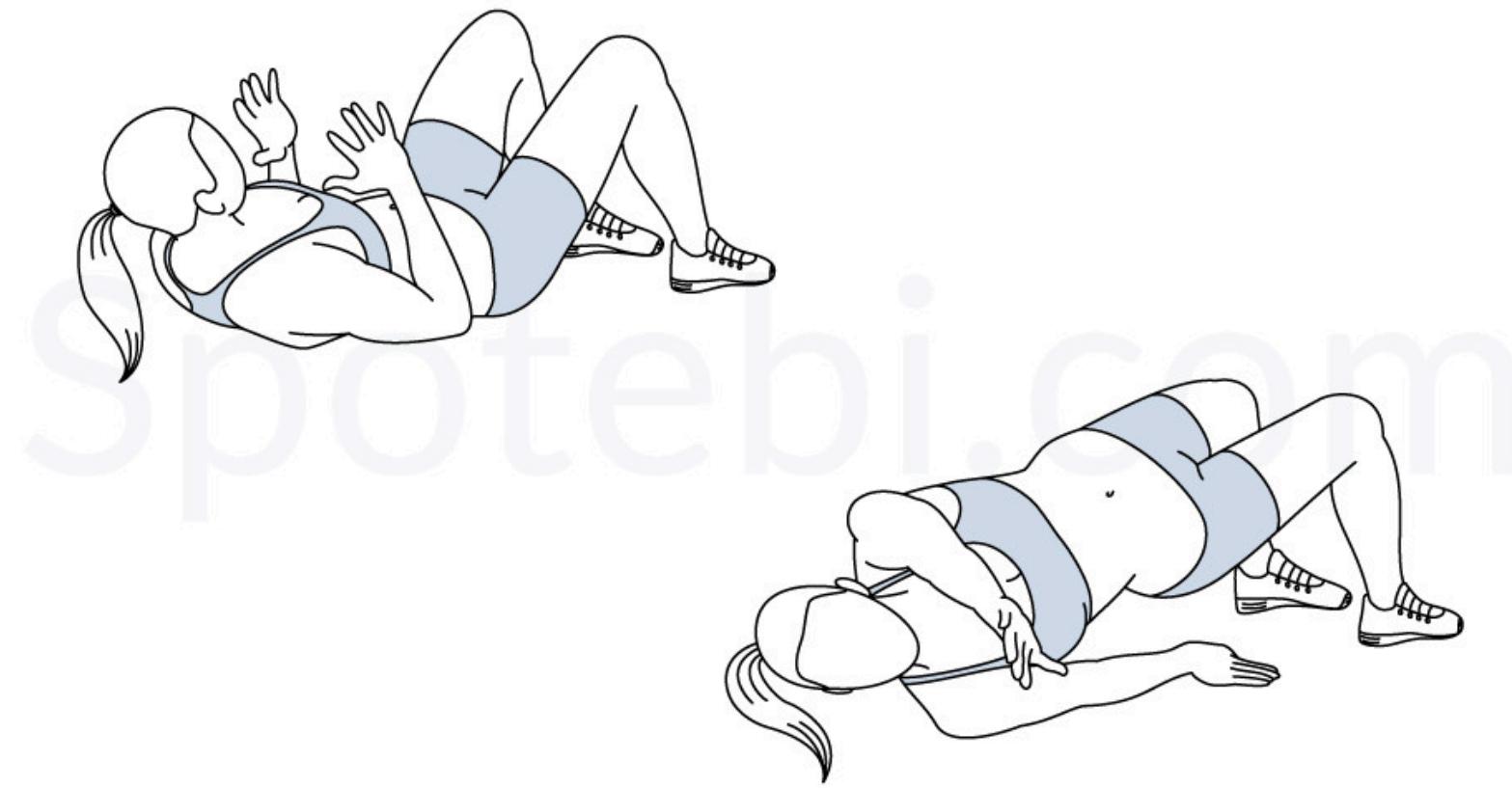
Flutter Kicks



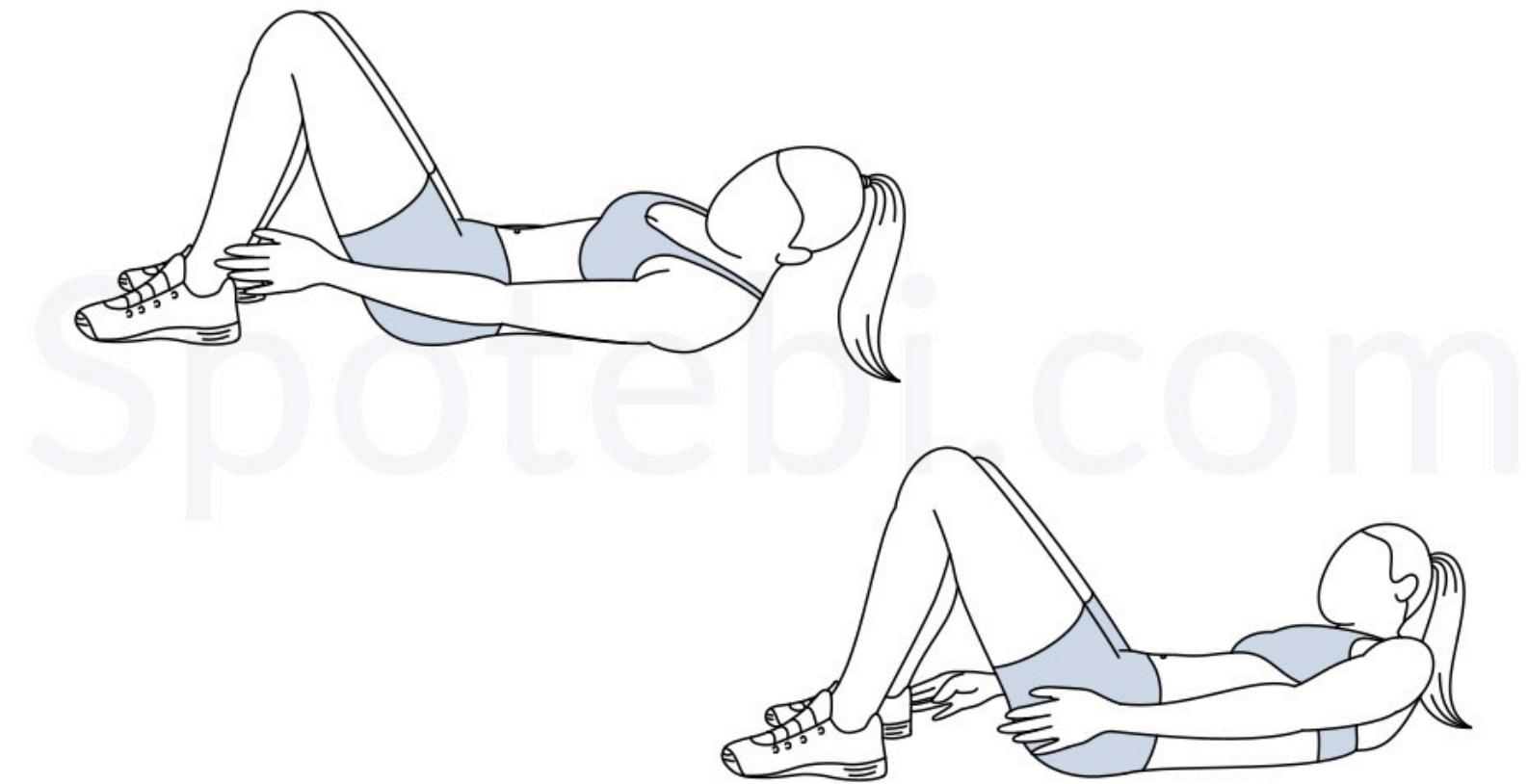
Frog Crunches



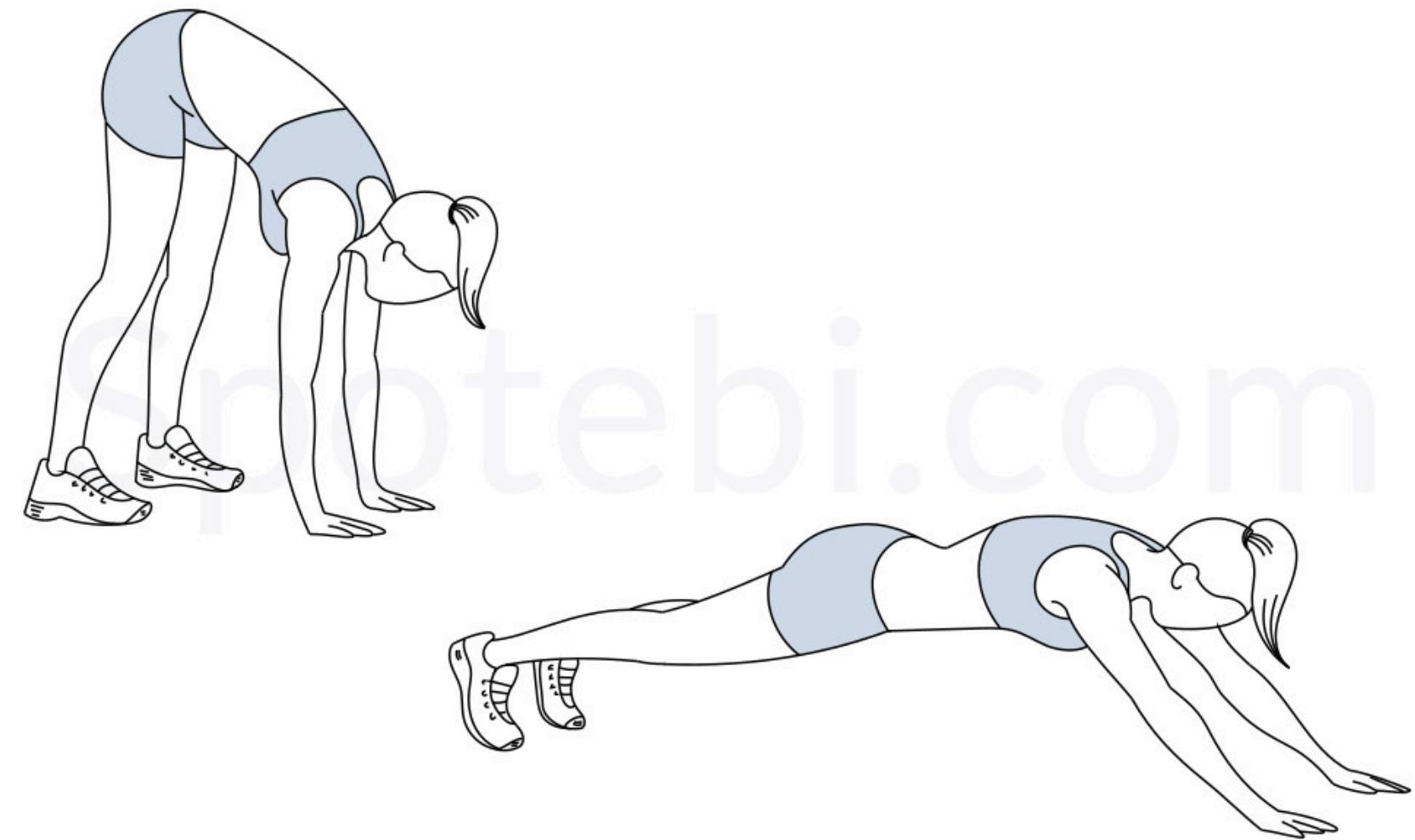
Glute Bridge Overhead Reach



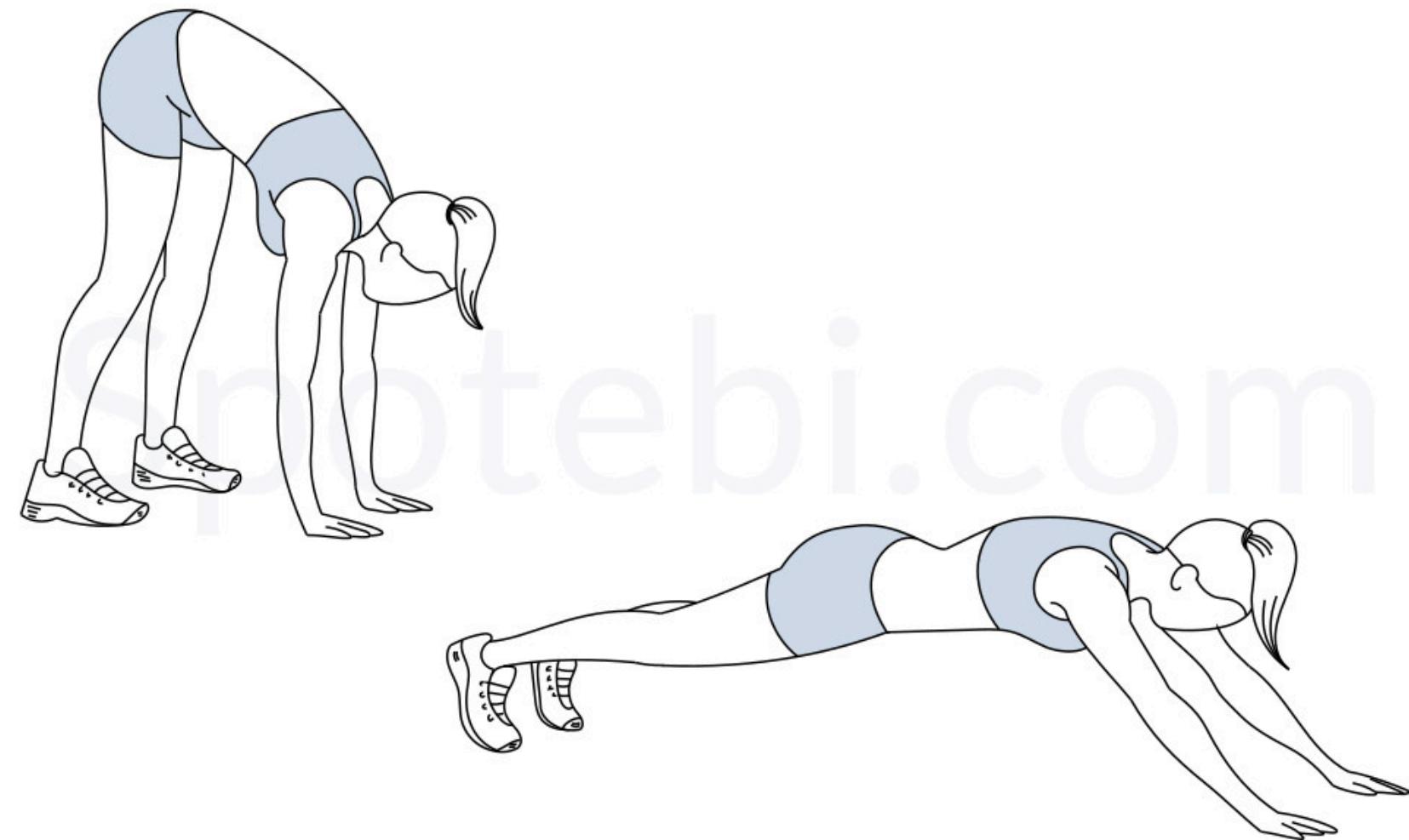
Alternate Heel Touchers



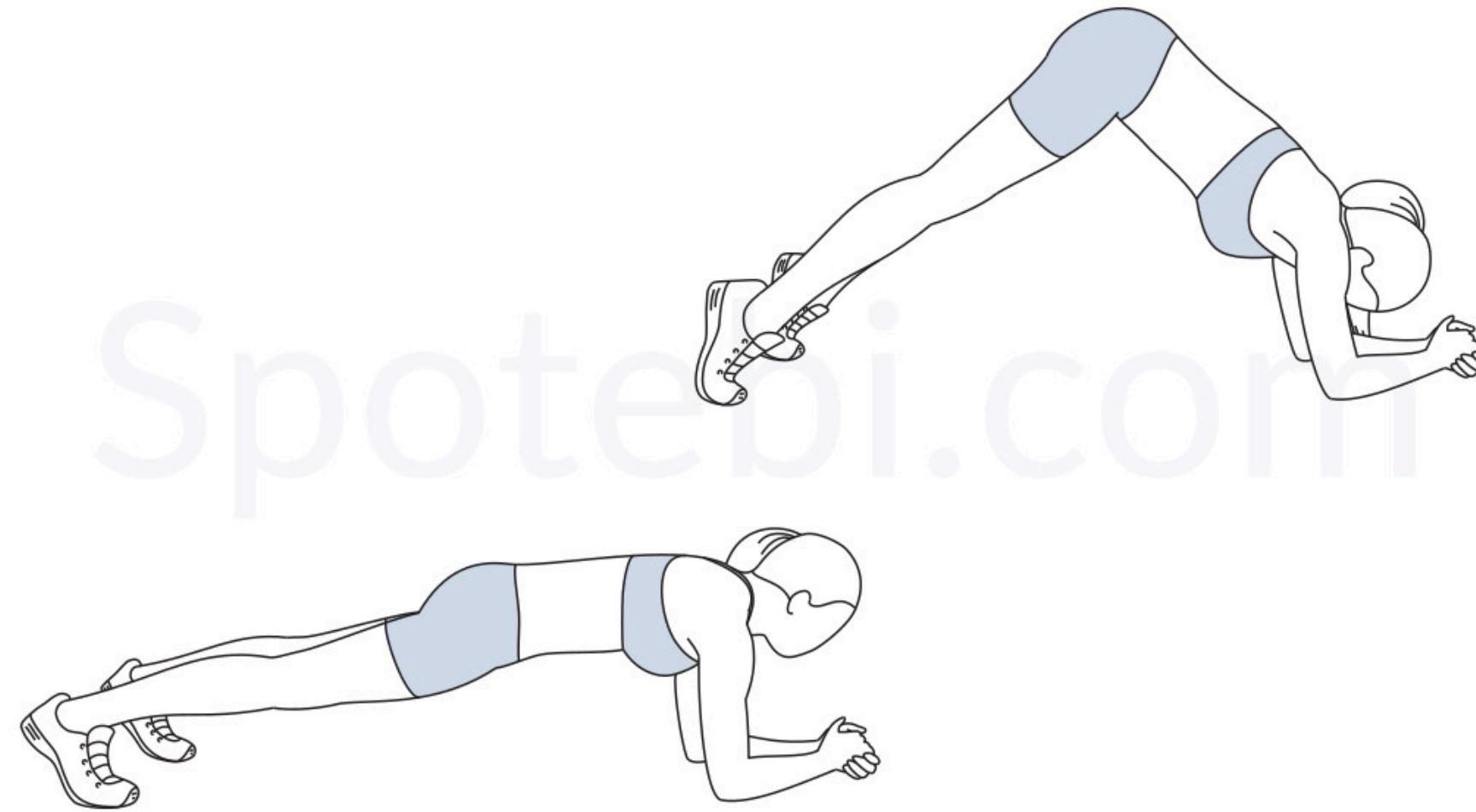
Inchworm



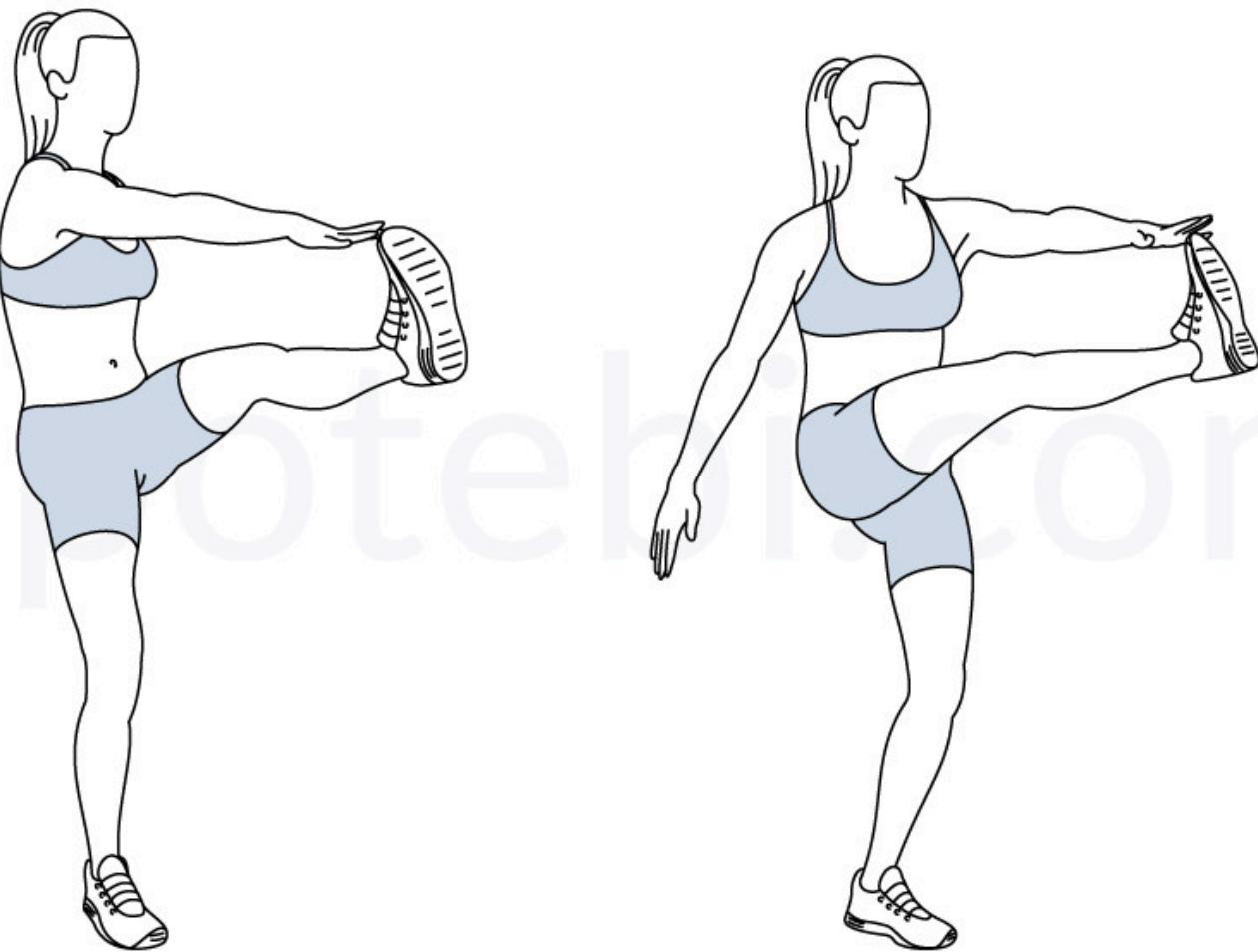
Inner Thigh Squeeze And Lift



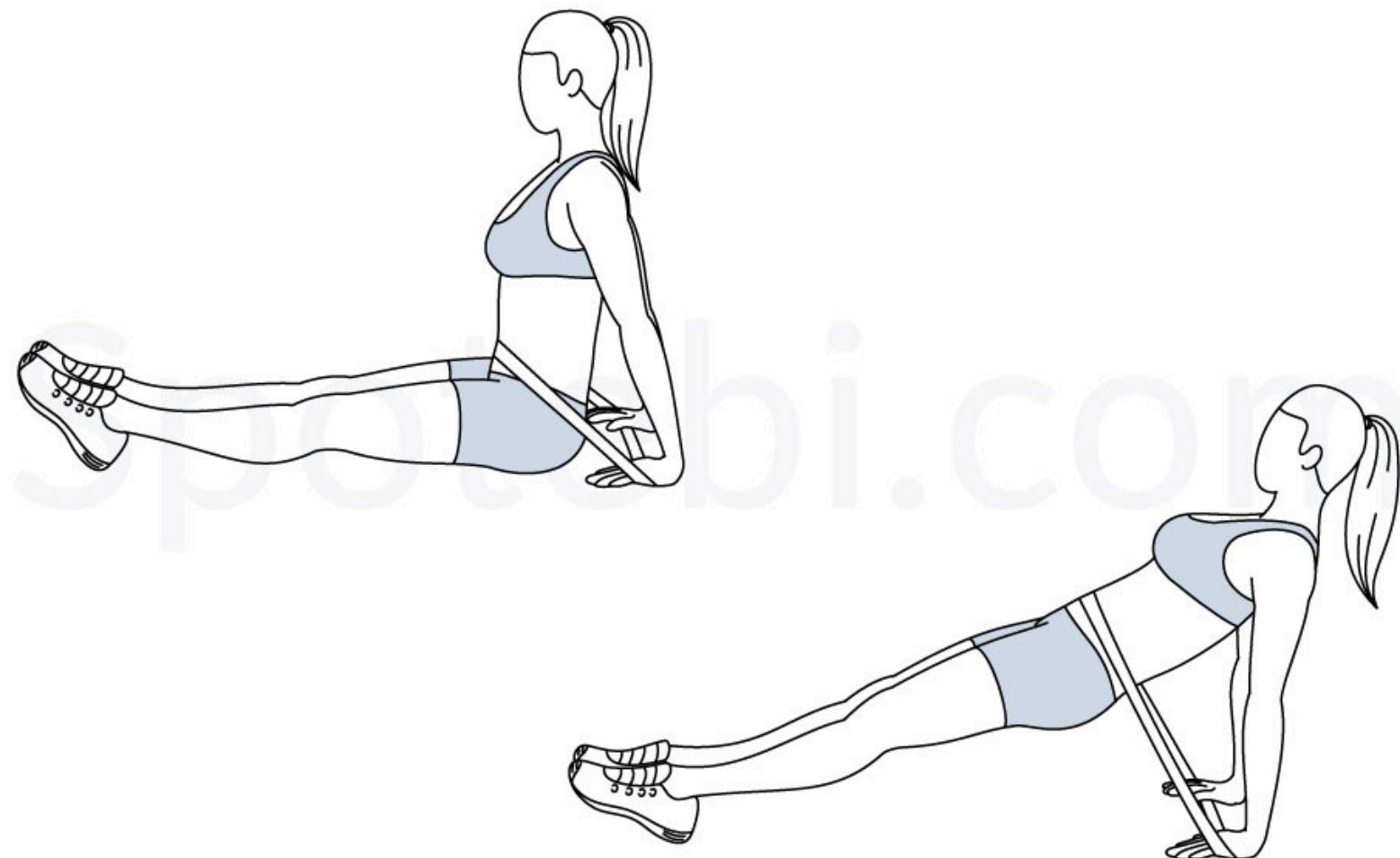
Inverted V Plank



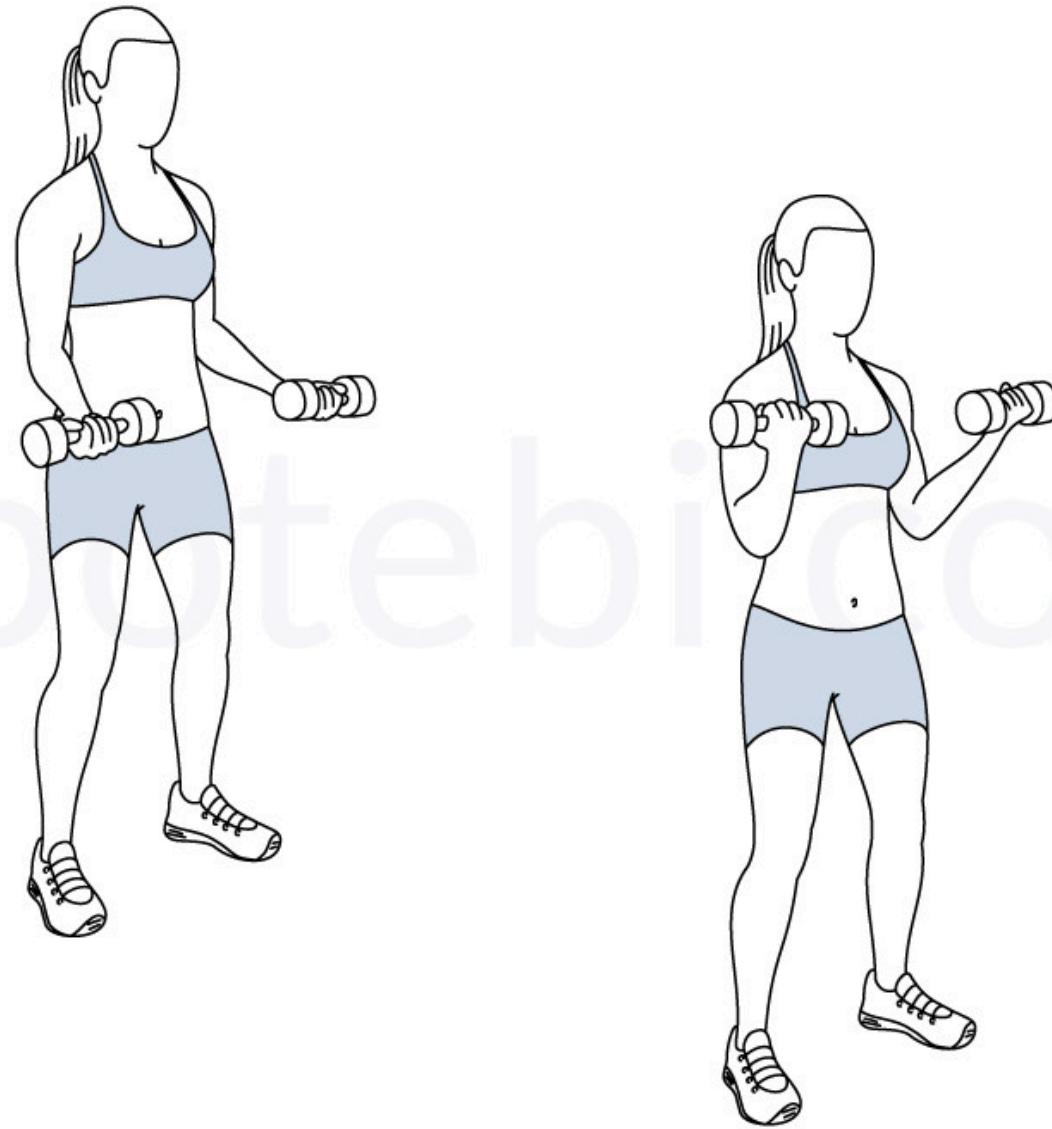
Kick Crunch



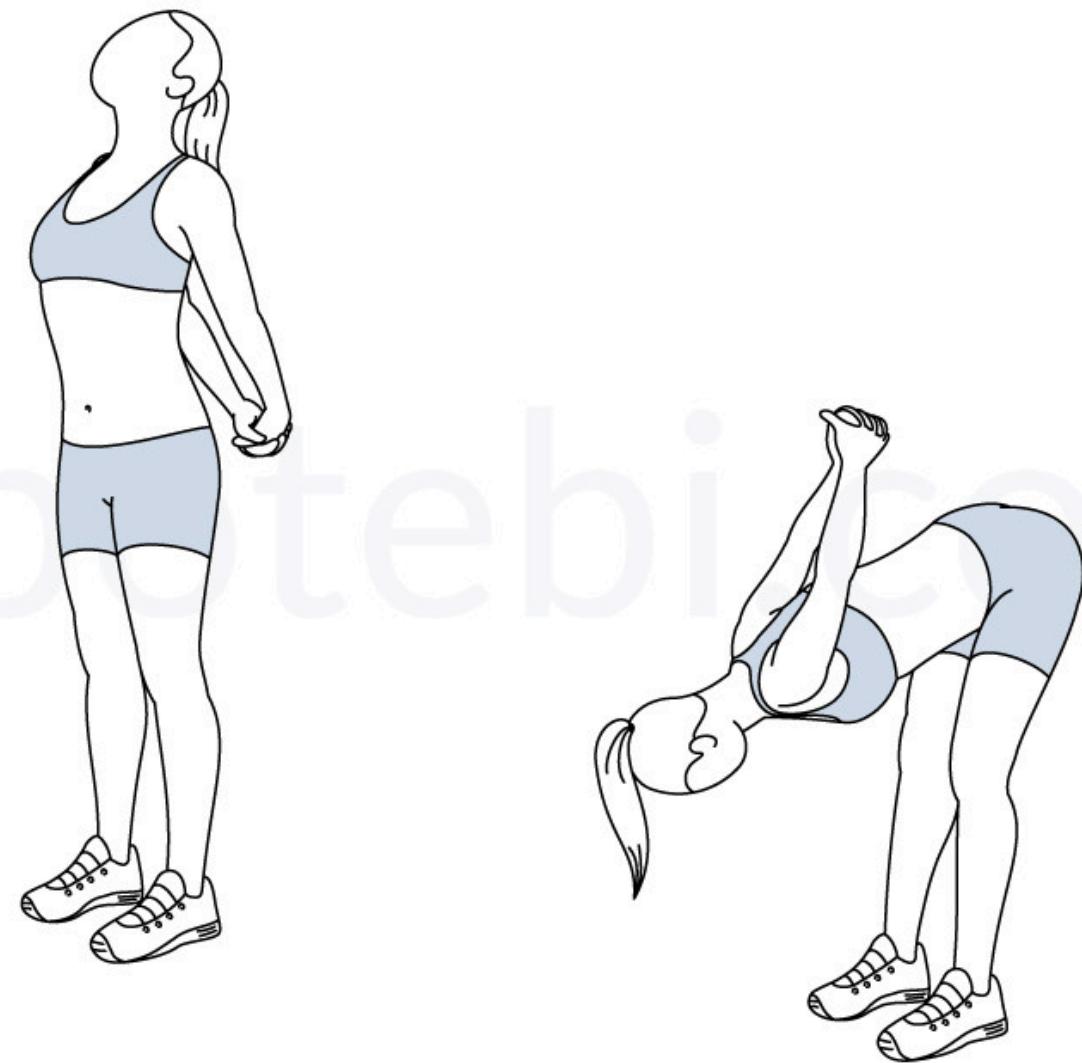
Band Reverse Plank



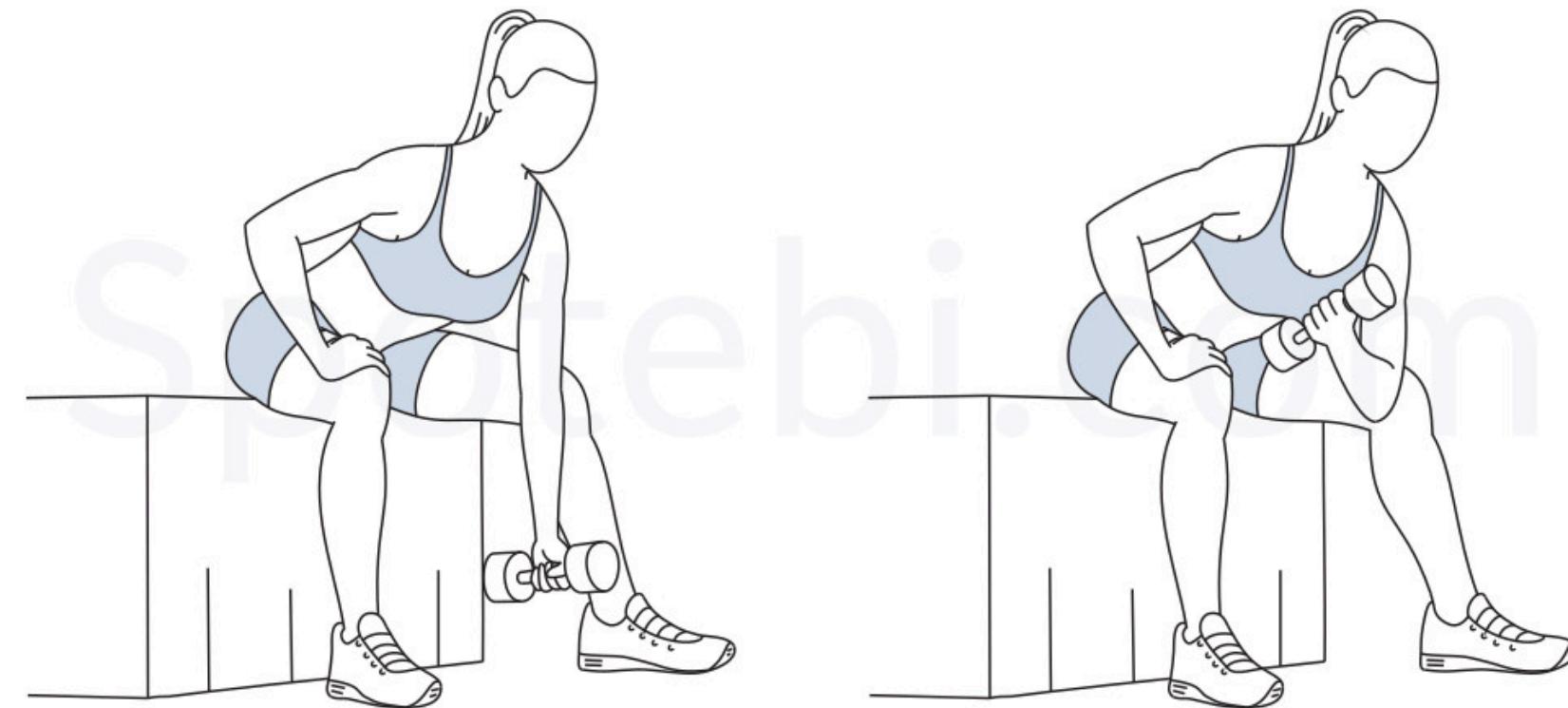
Bicep Curls



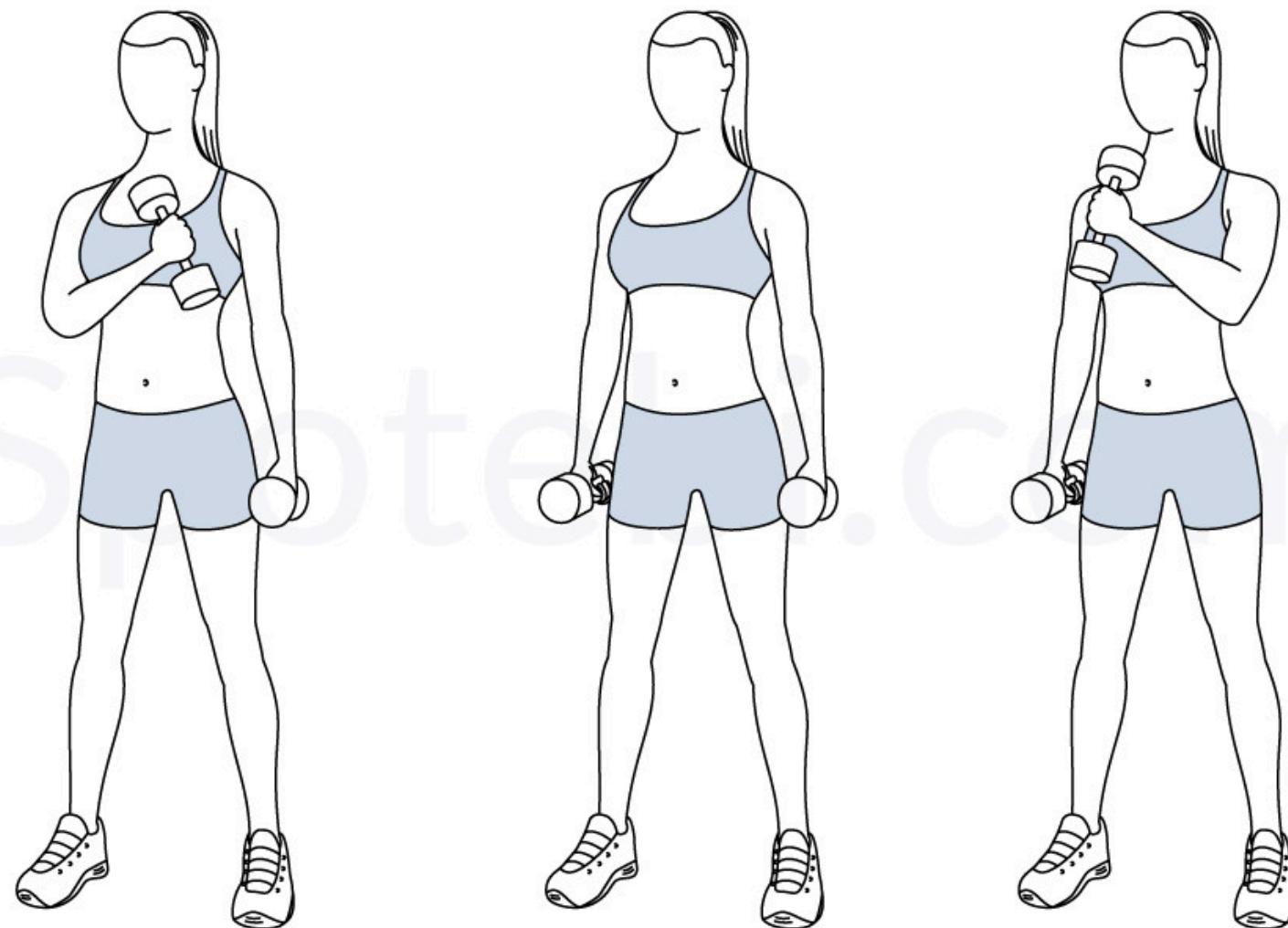
Biceps Stretch



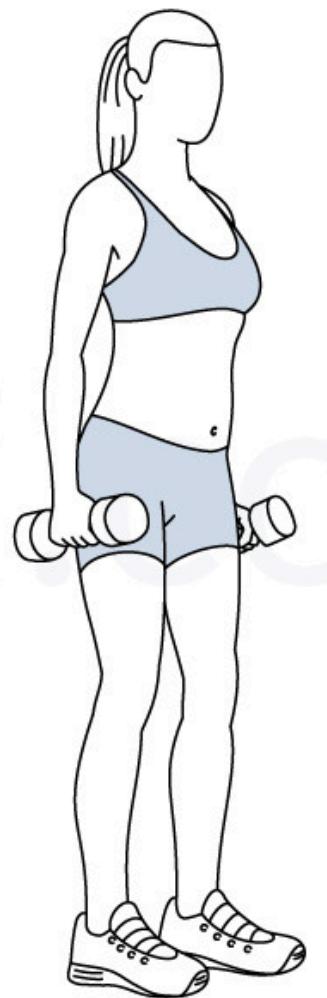
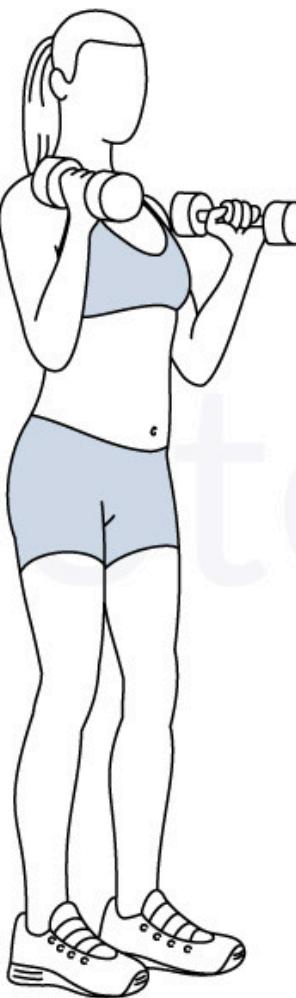
Concentration Curl



Standing Cross Chest Curl

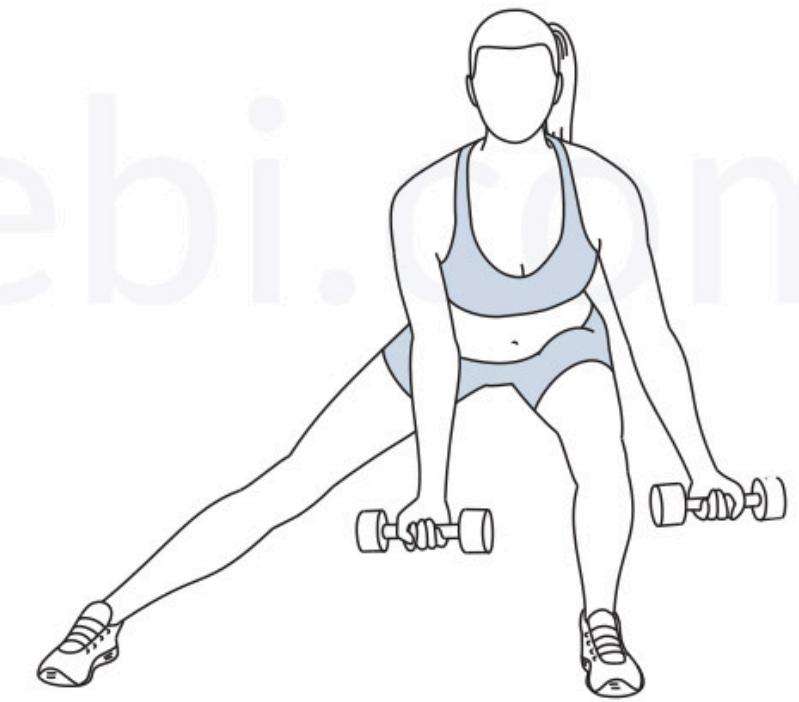
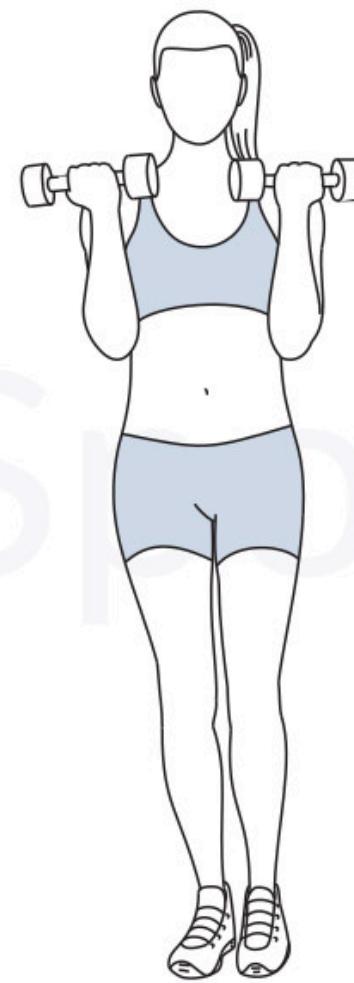


Hammer Curls

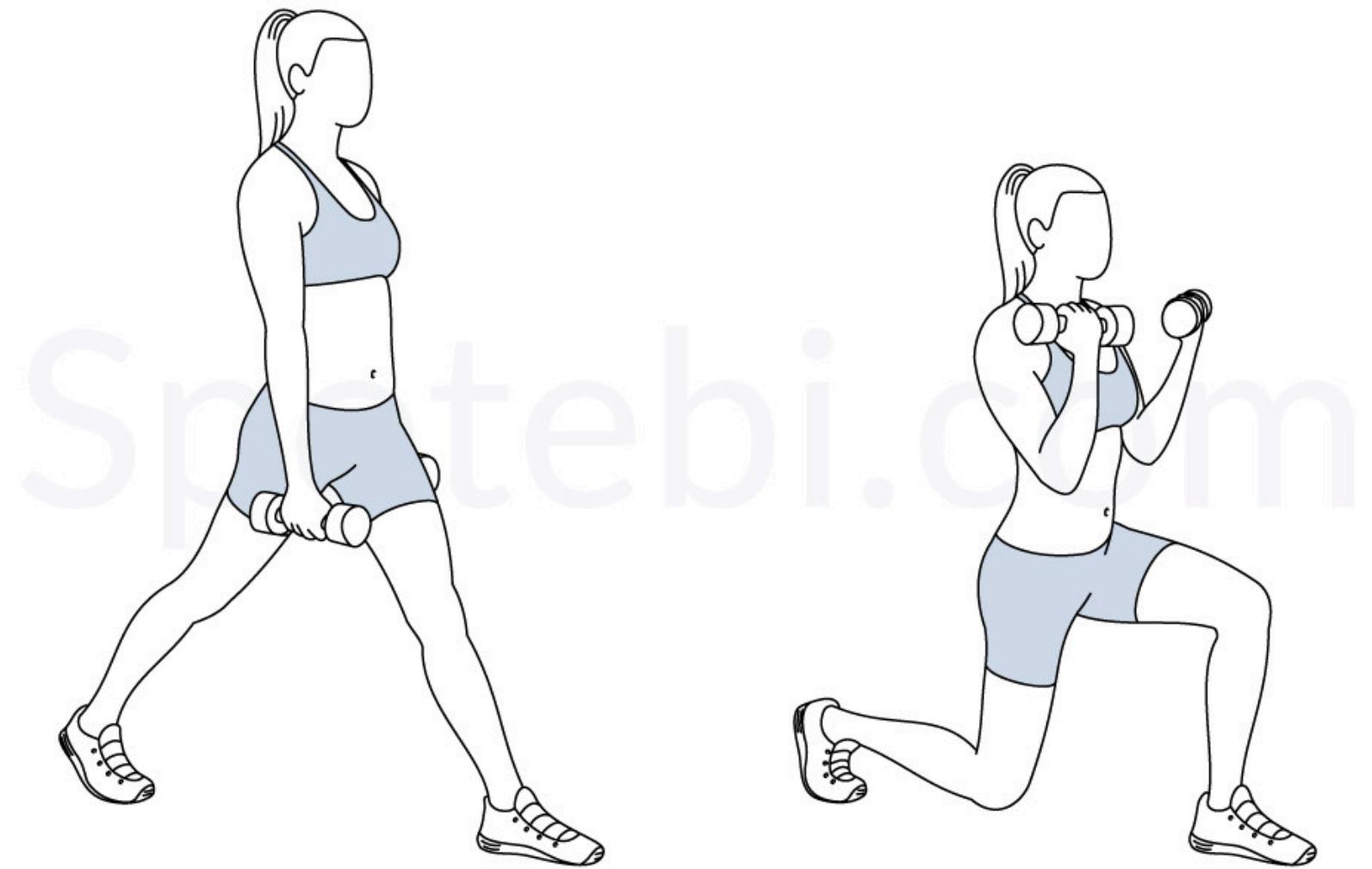


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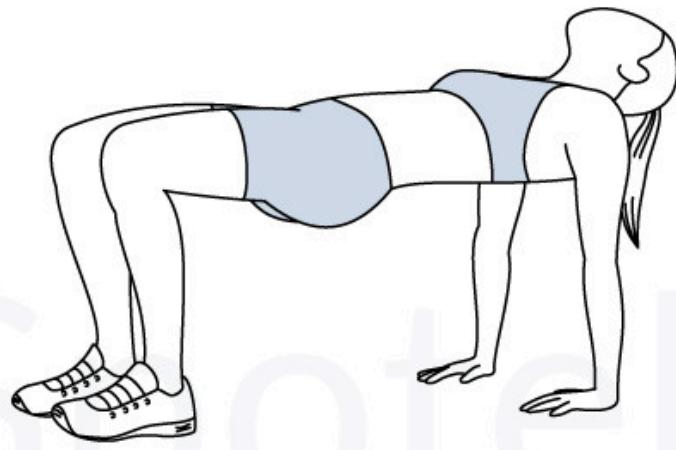
Side Lunge Curl



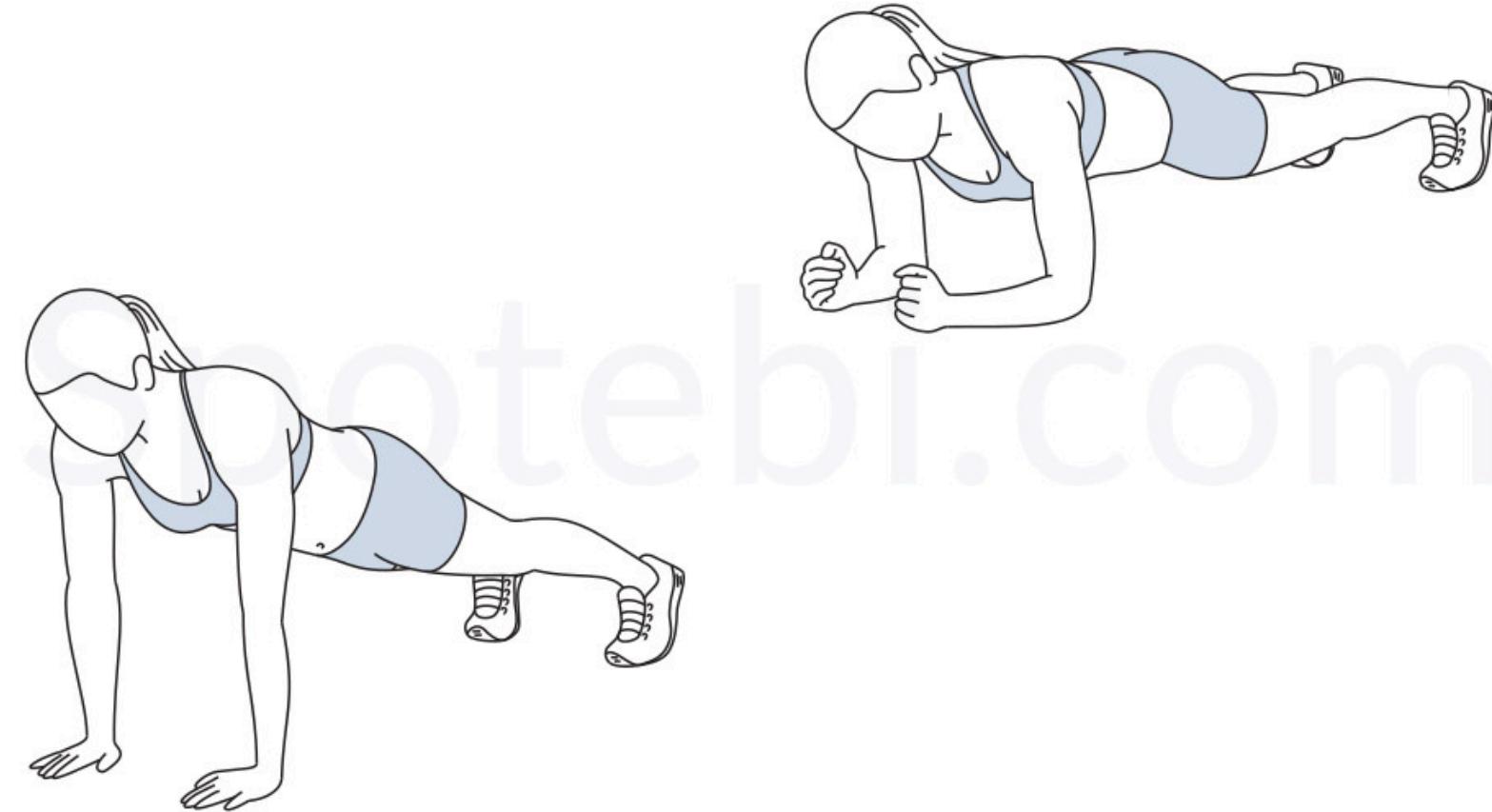
Split Squat Curl



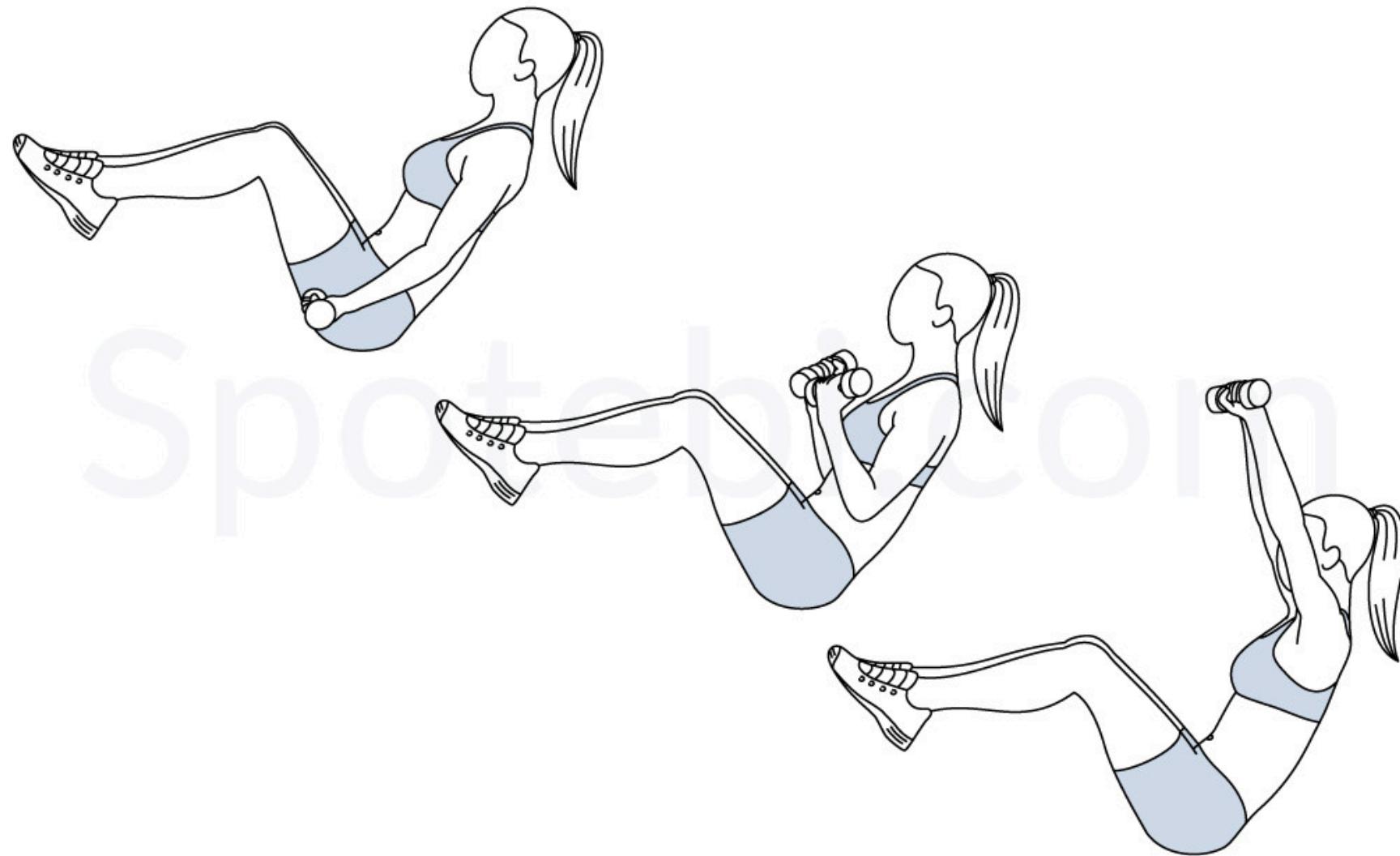
Tabletop Reverse Pike



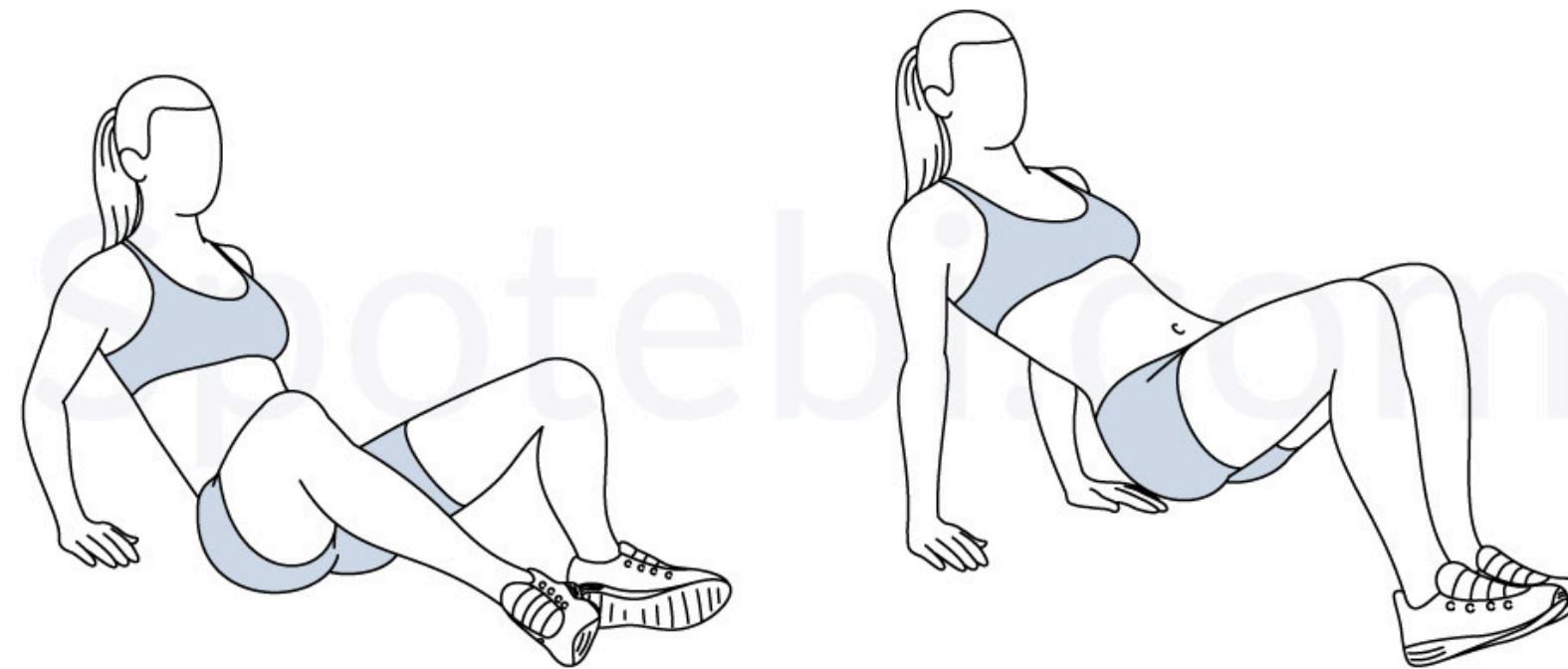
Up Down Plank



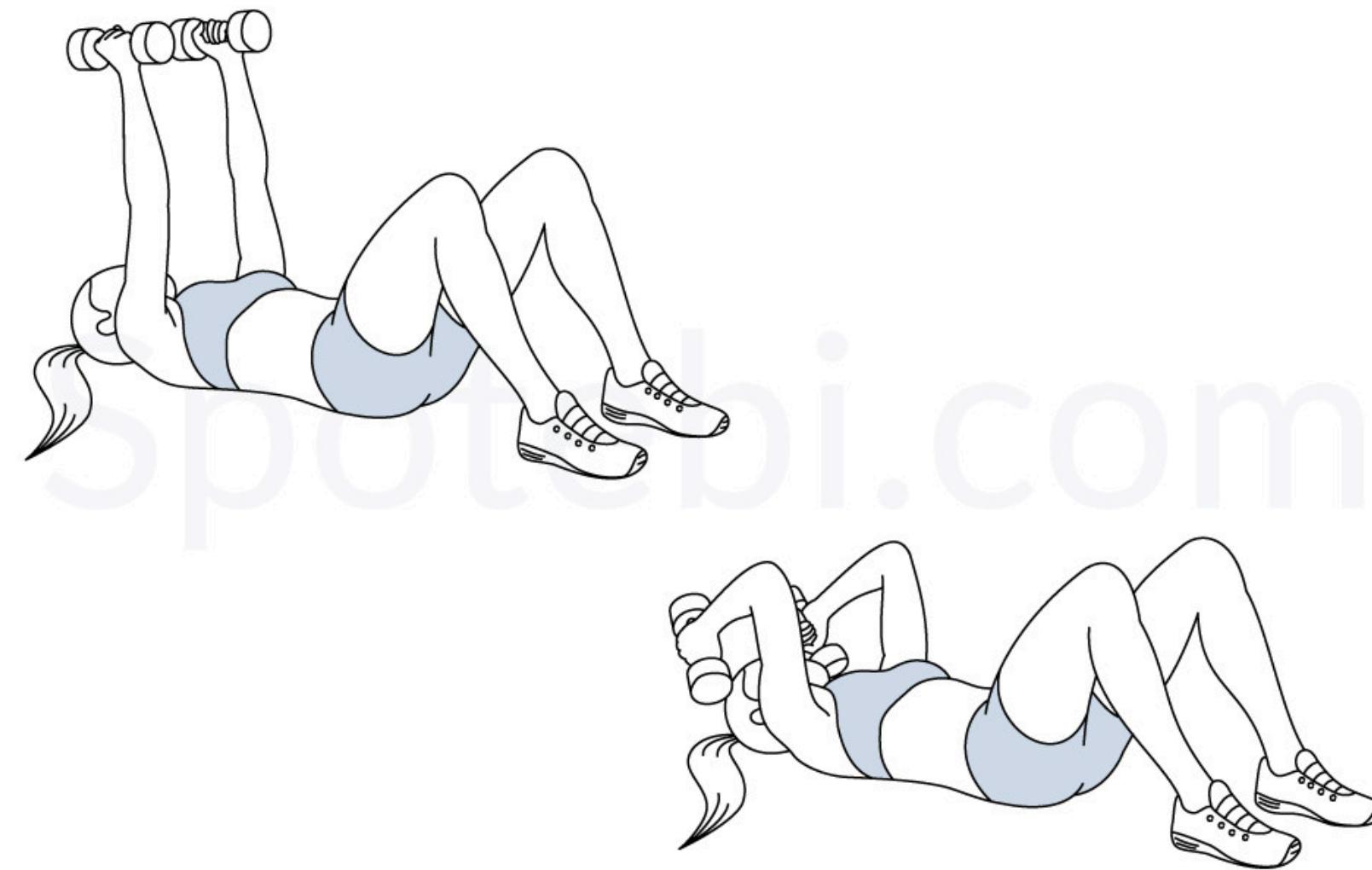
V Sit Curl Press



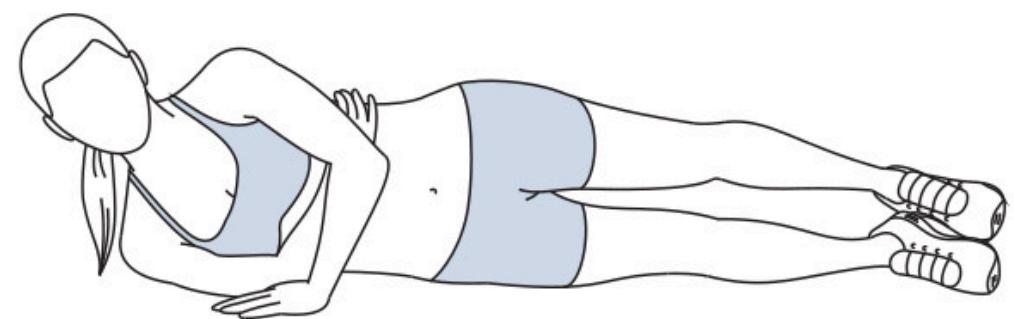
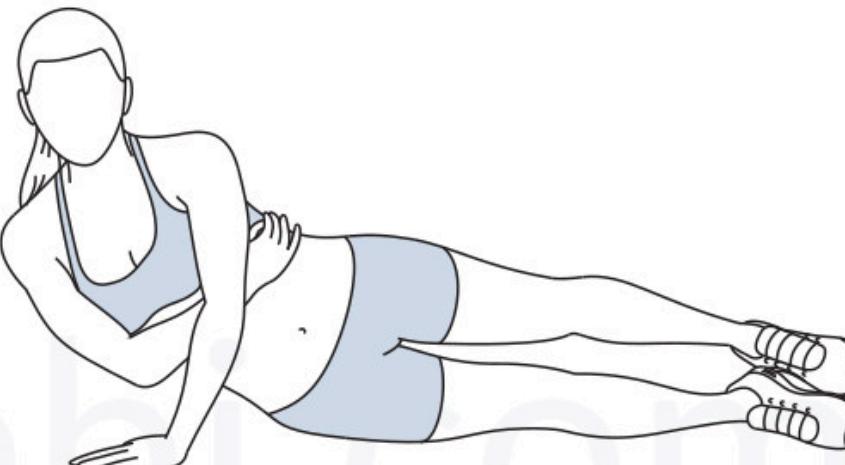
Butterfly Dips



Lying Tricep Extension

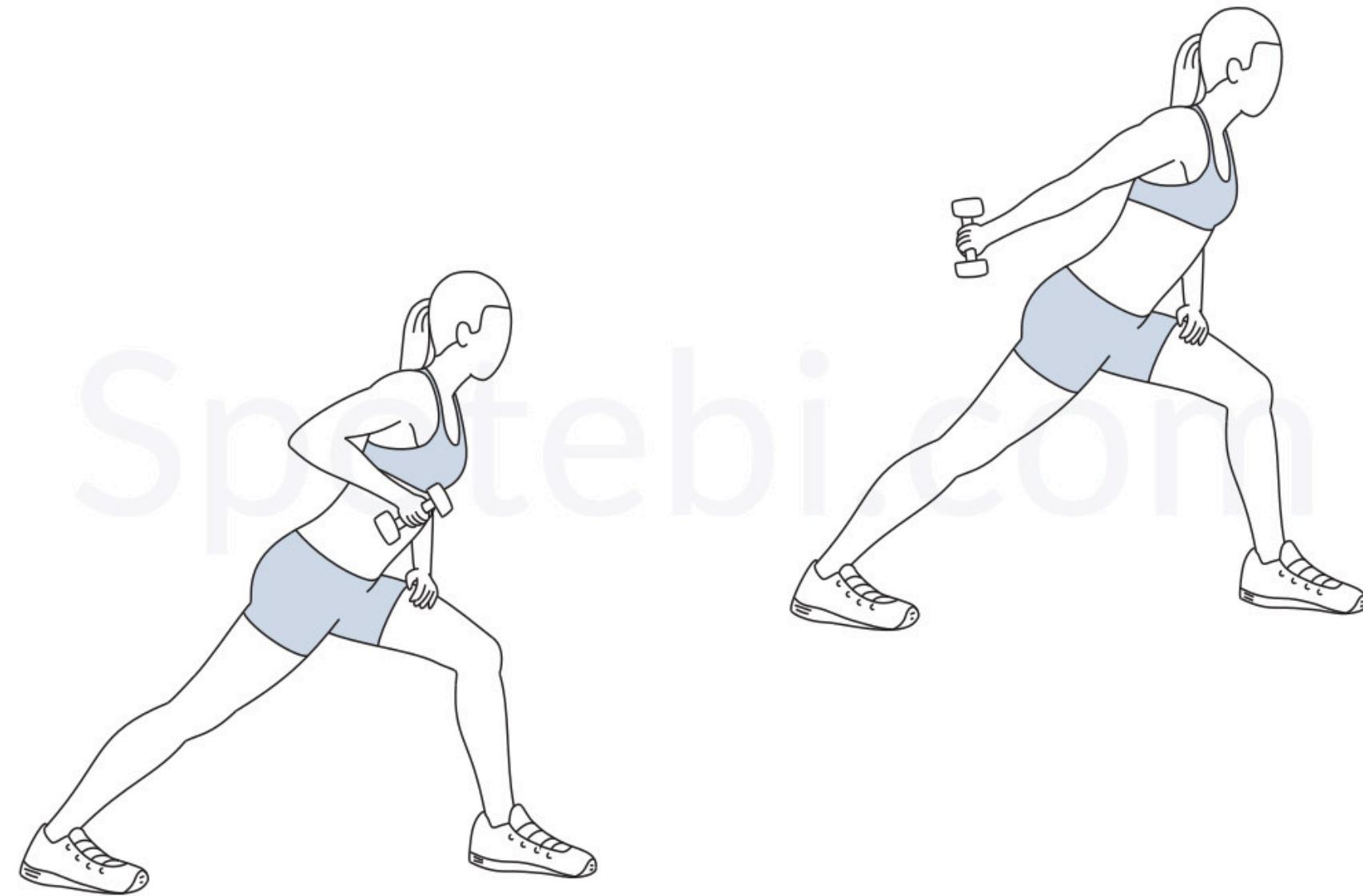


One Arm Tricep Push Up

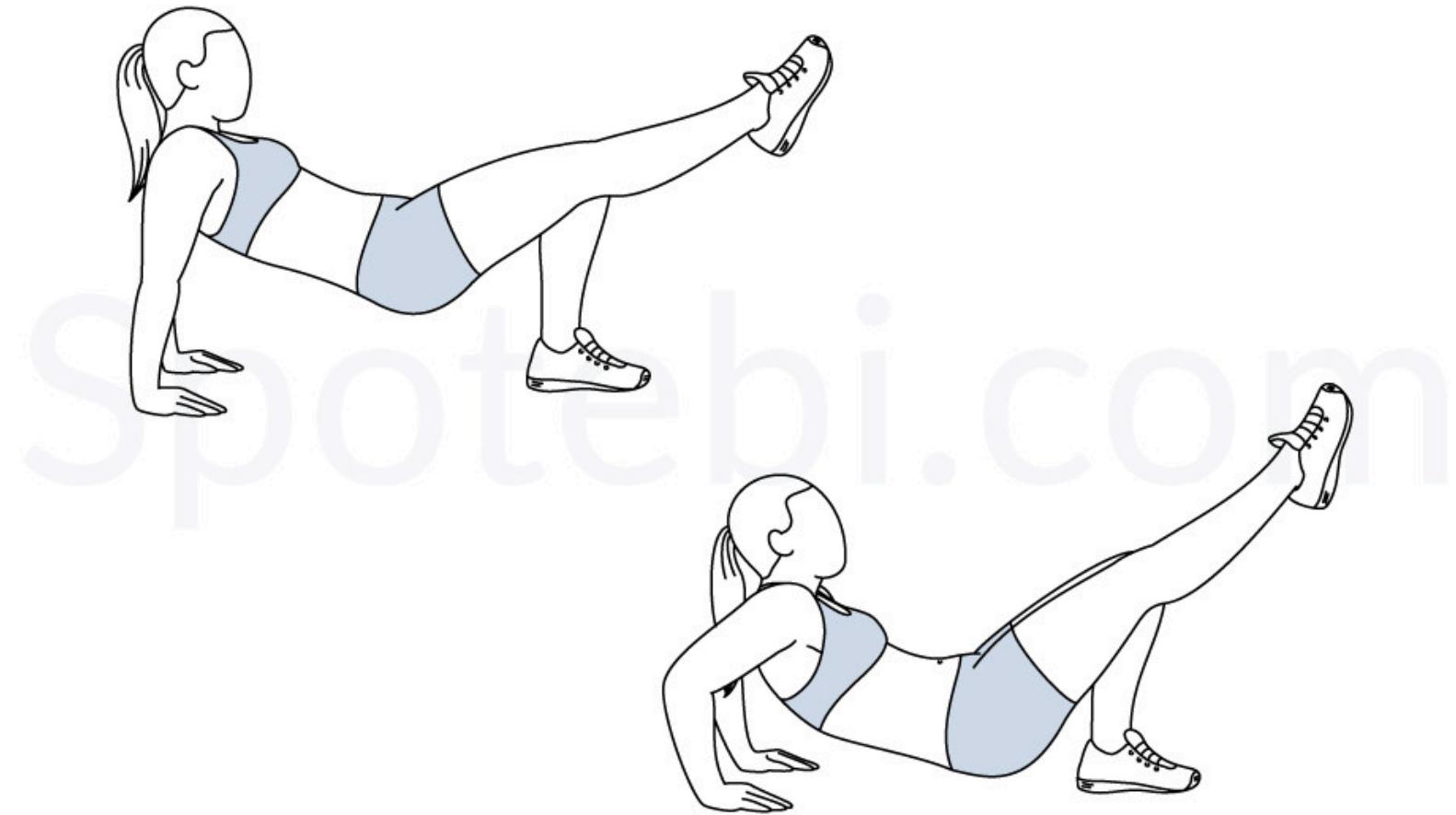


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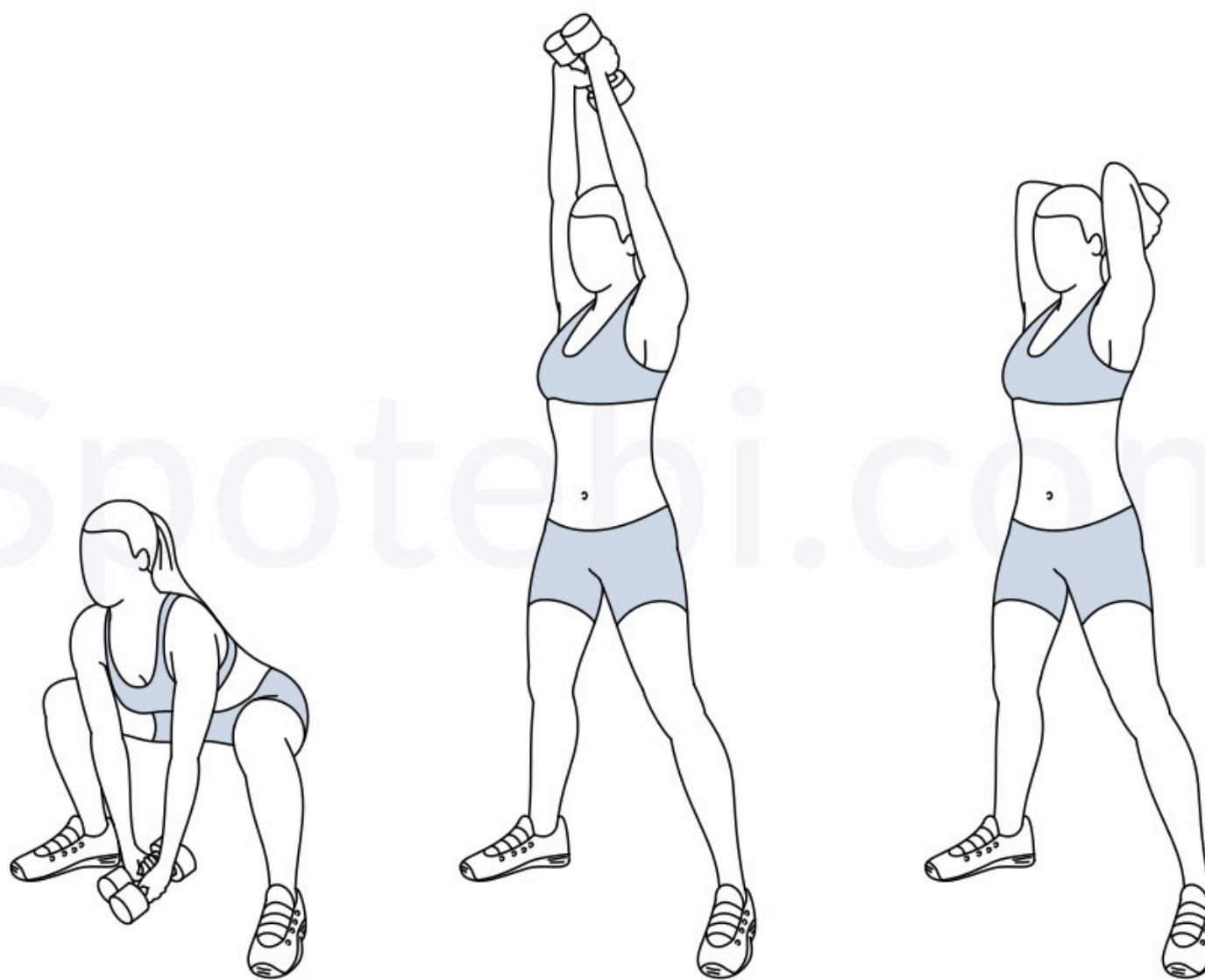
One Arm Triceps Kickback



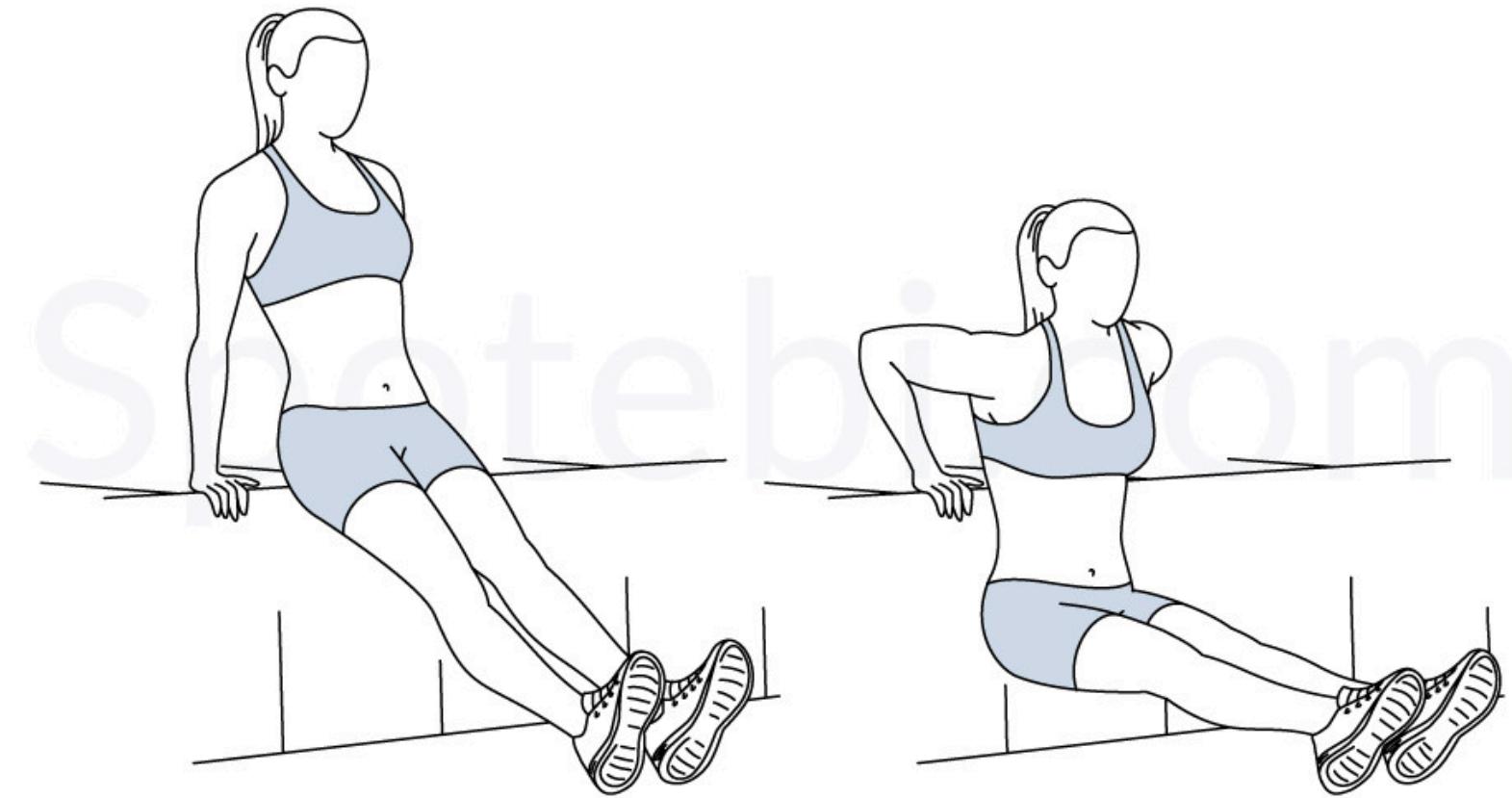
Single Leg Tricep Dips



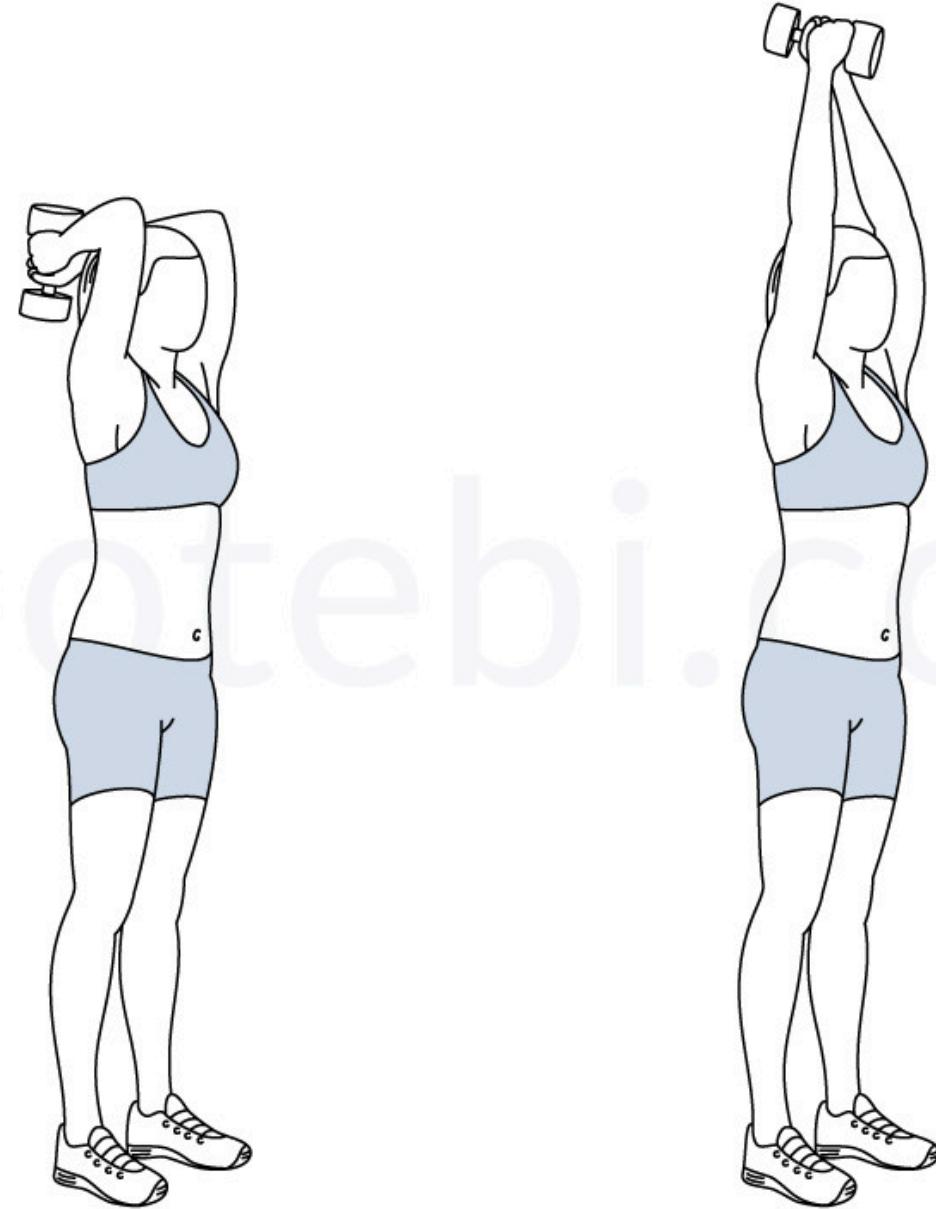
Squat With Overhead Tricep Extension



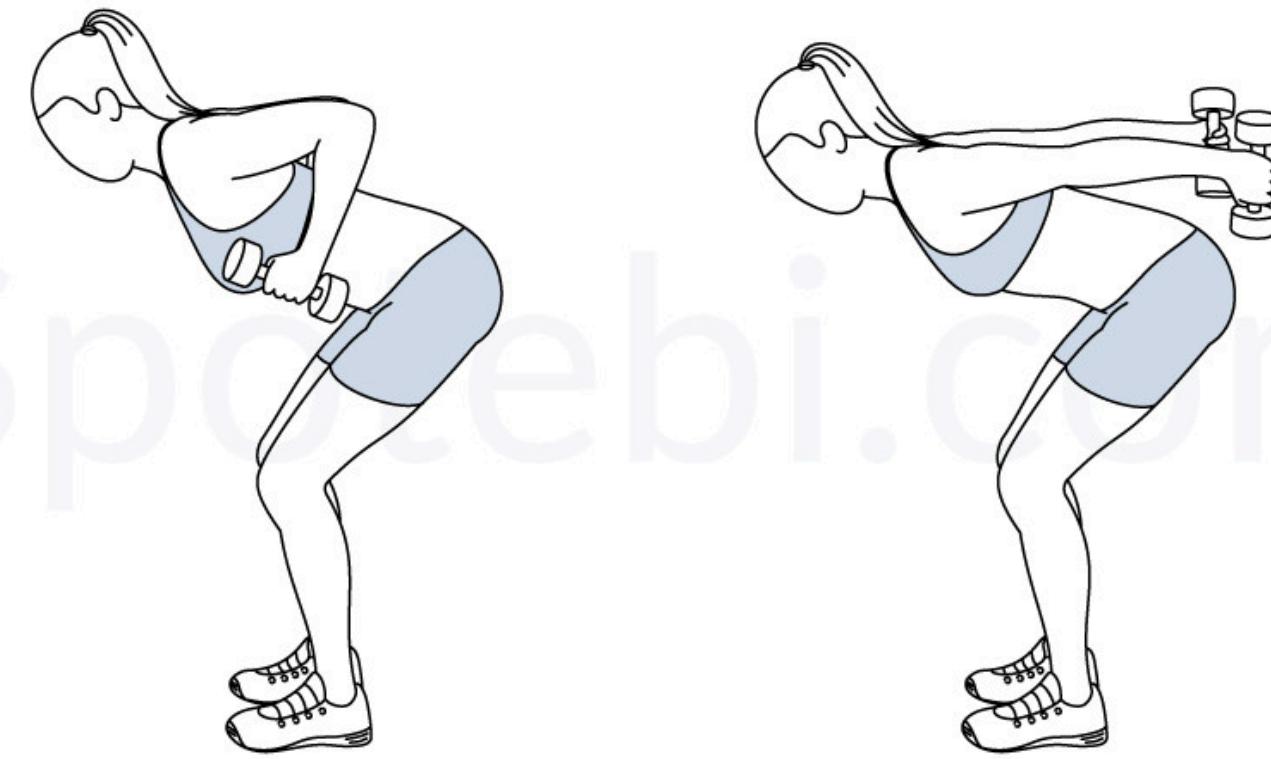
Tricep Dips



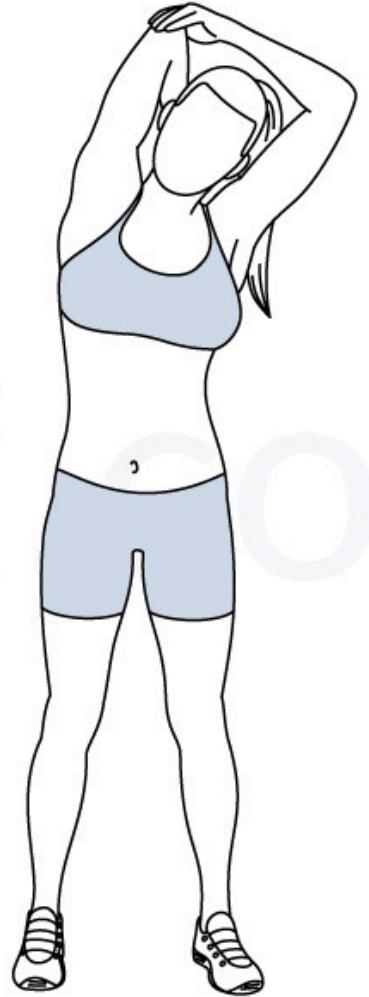
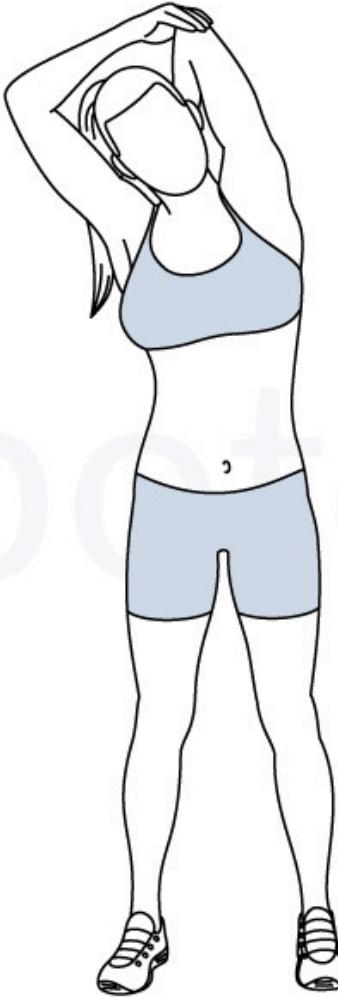
Dumbbell Triceps Extension



Dumbbell Triceps Kickback

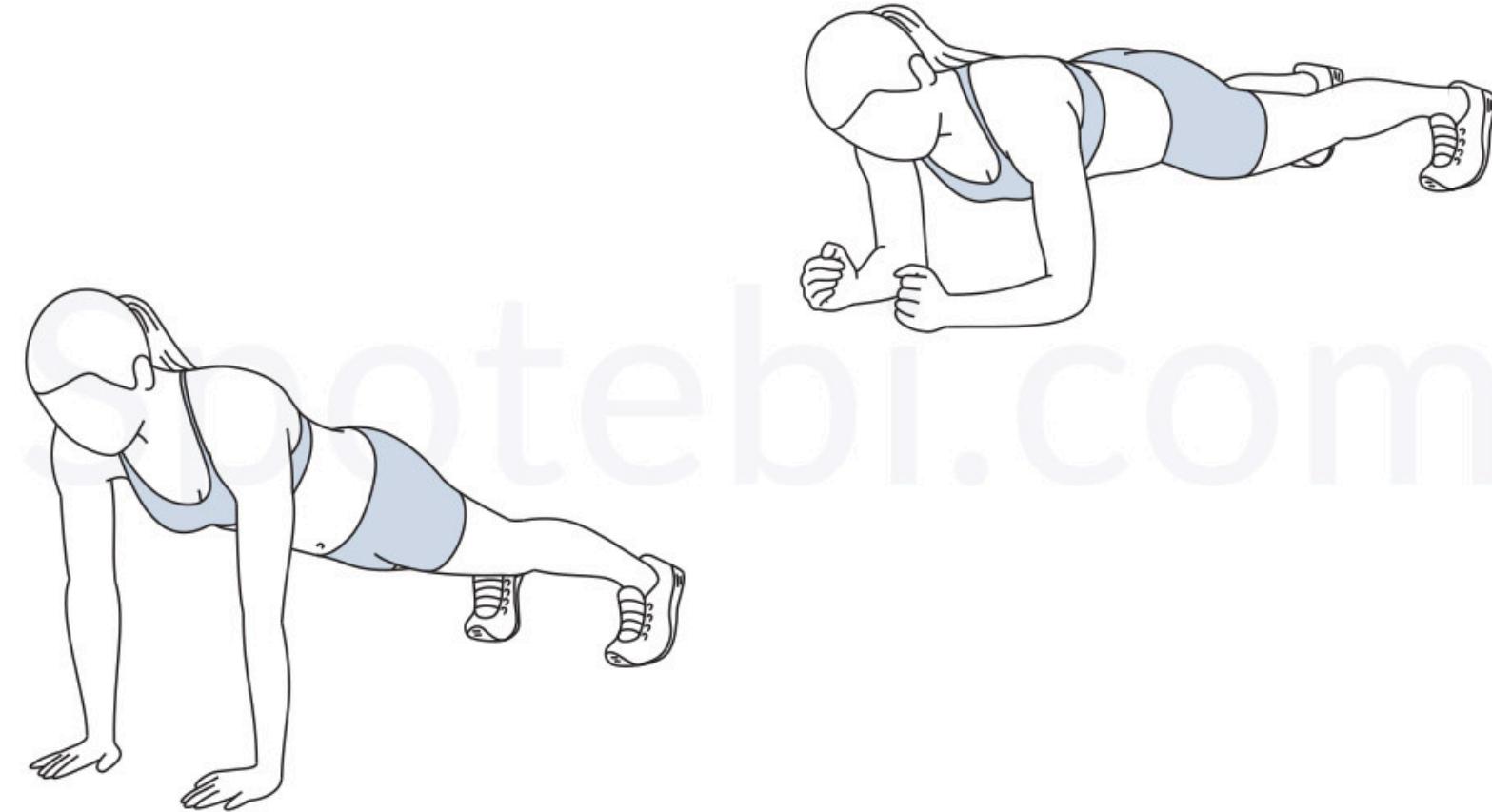


Triceps Stretch



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Up Down Plank

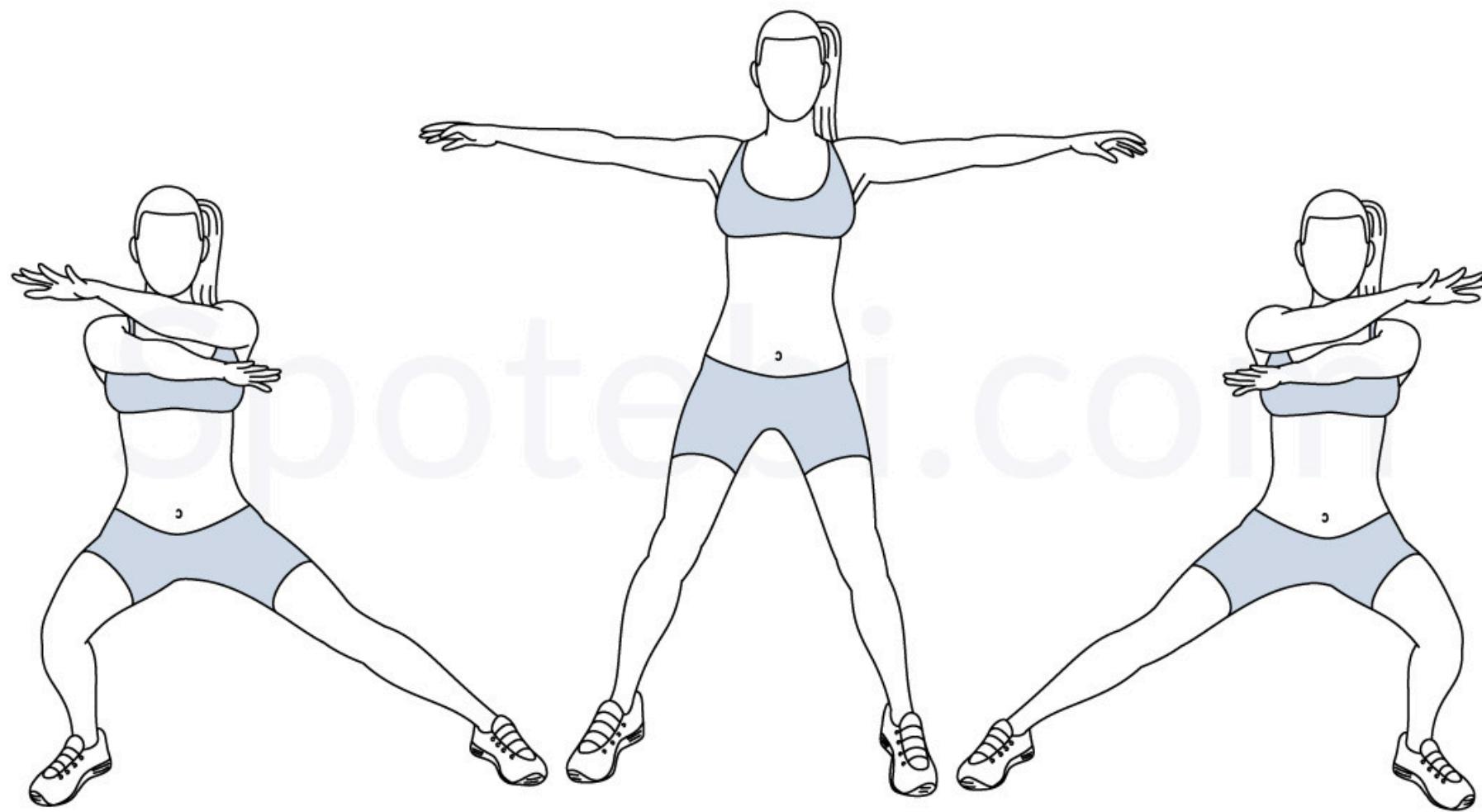


Arm Circles

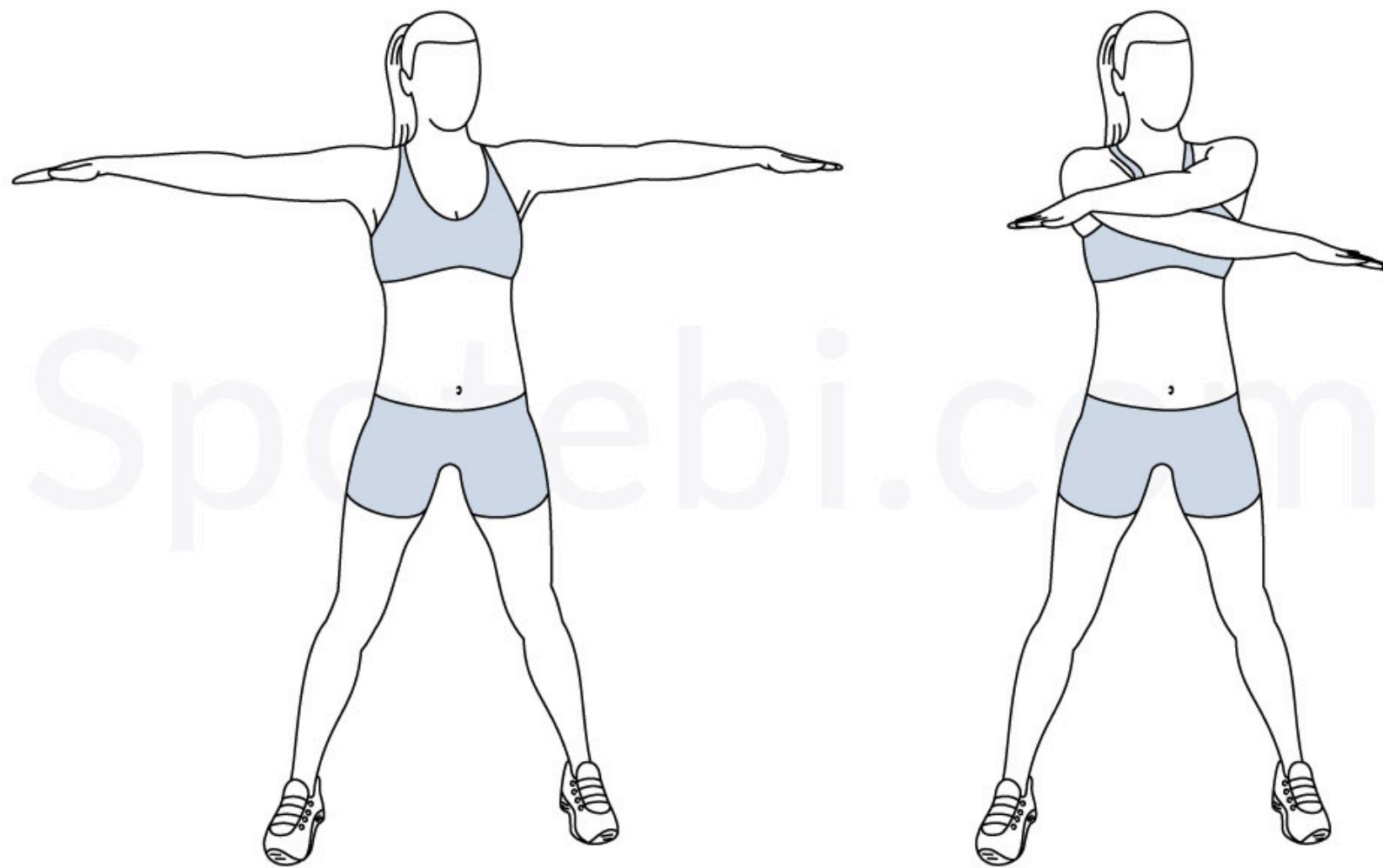


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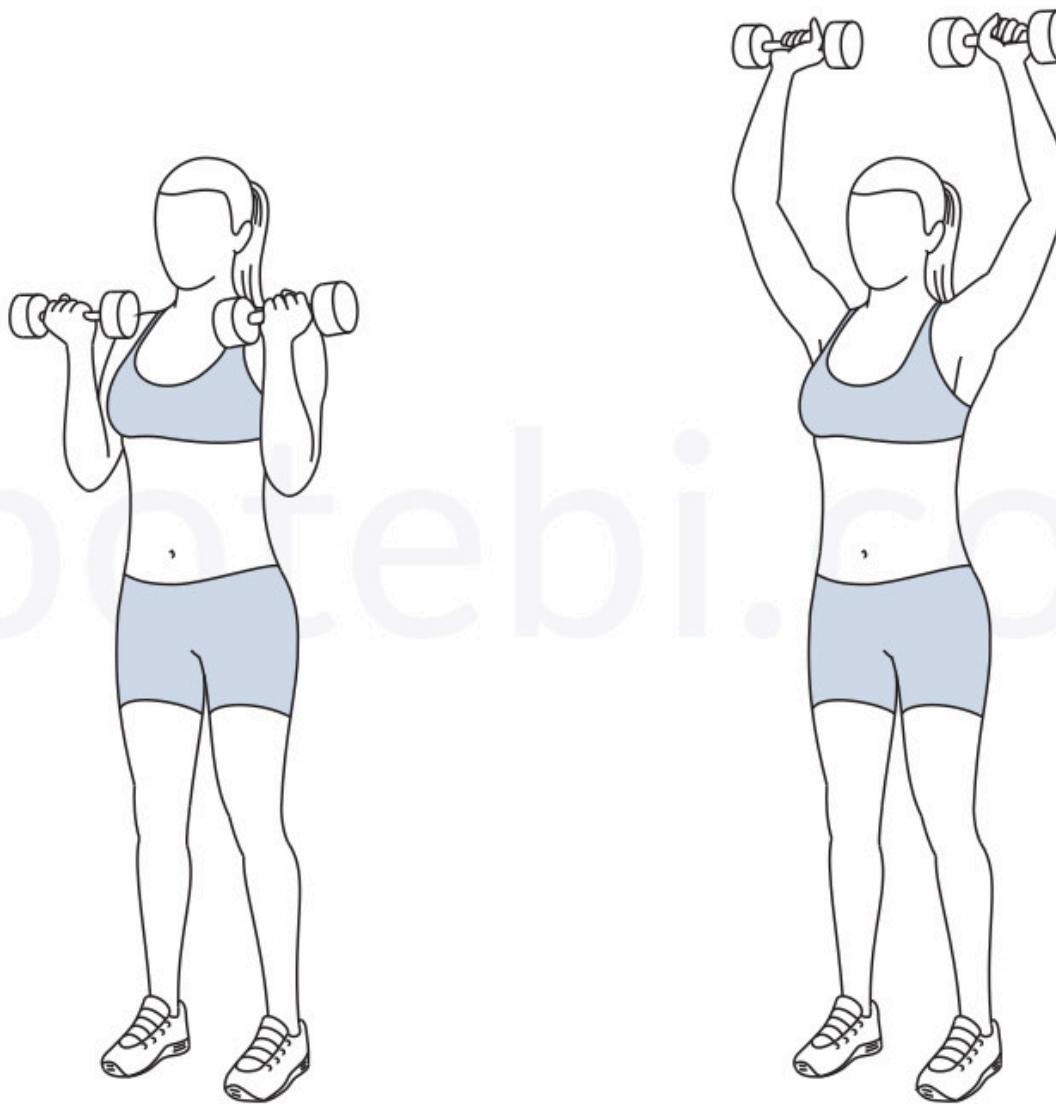
Arms Cross Side Lunge



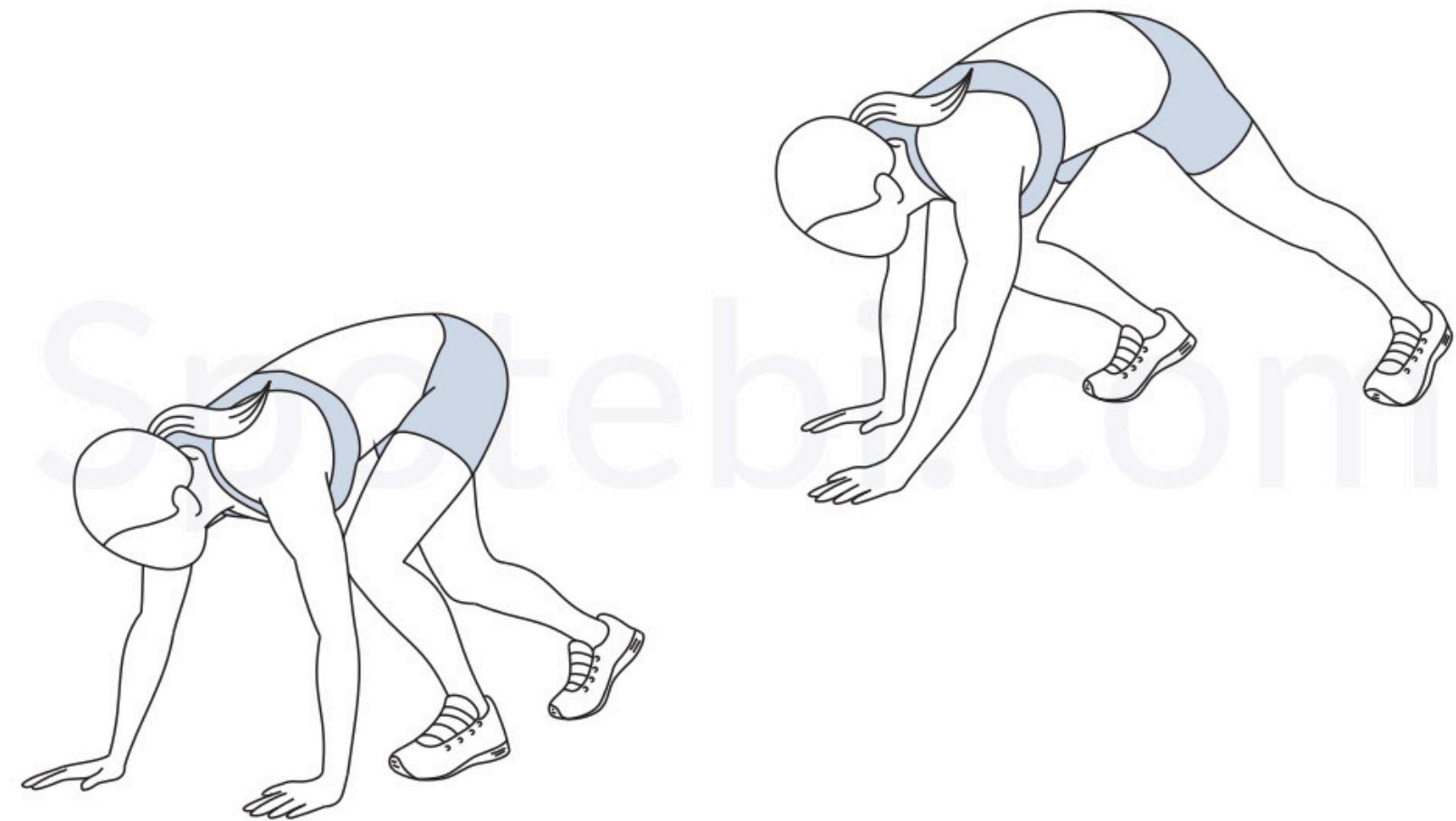
Arm Swings



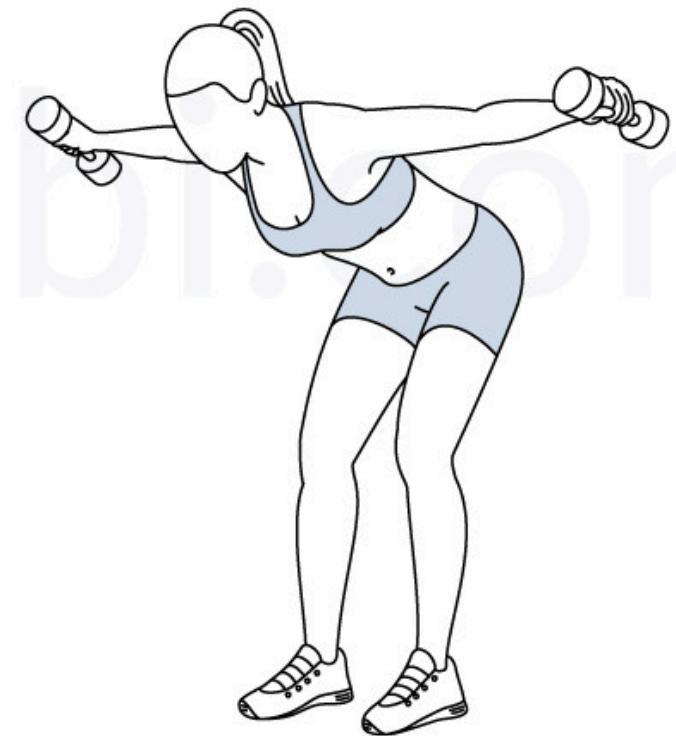
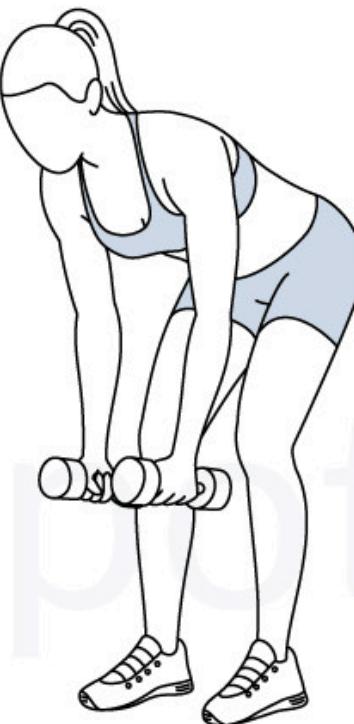
Arnold Shoulder Press



Bear Walk



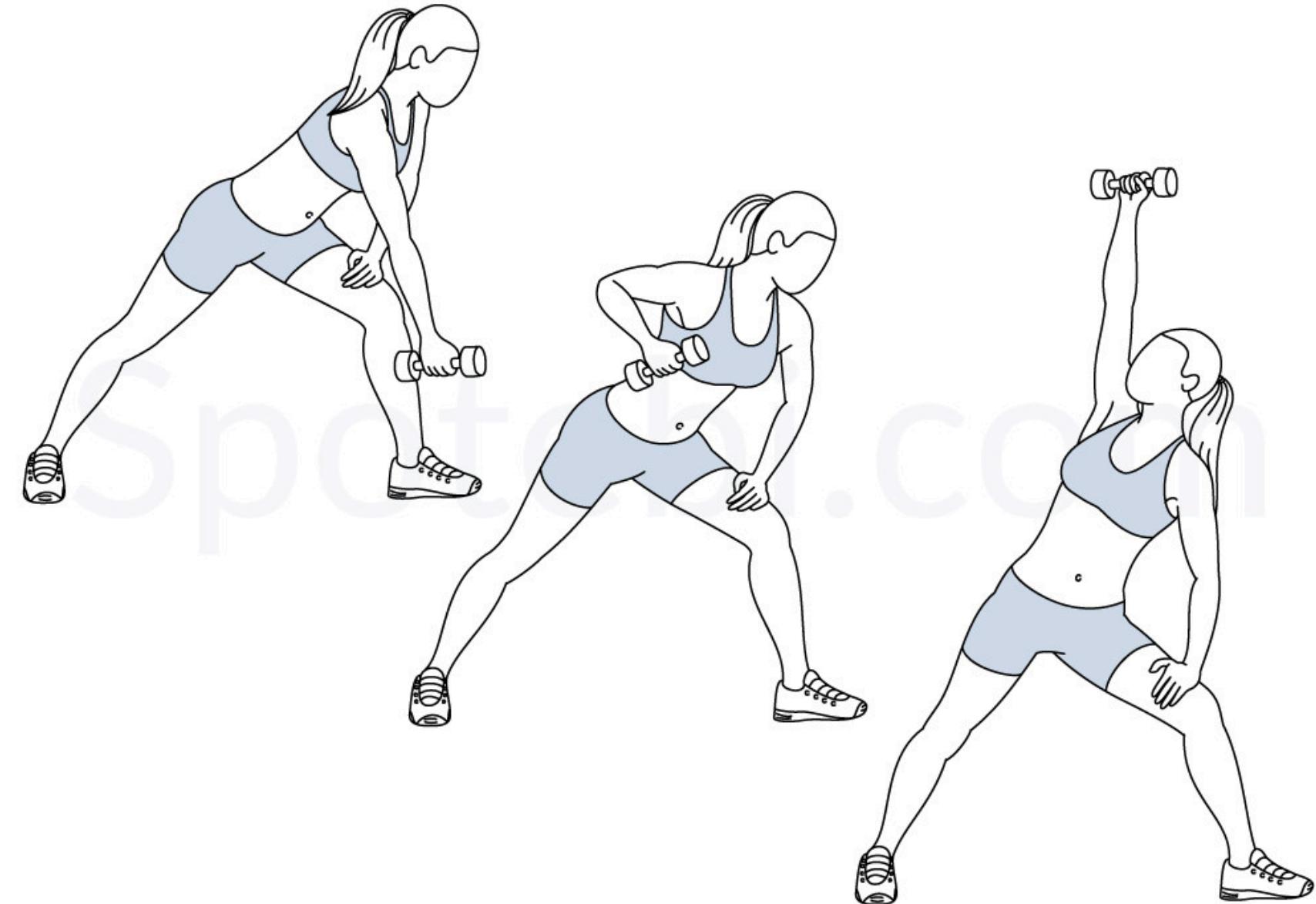
Bent Over Lateral Raise



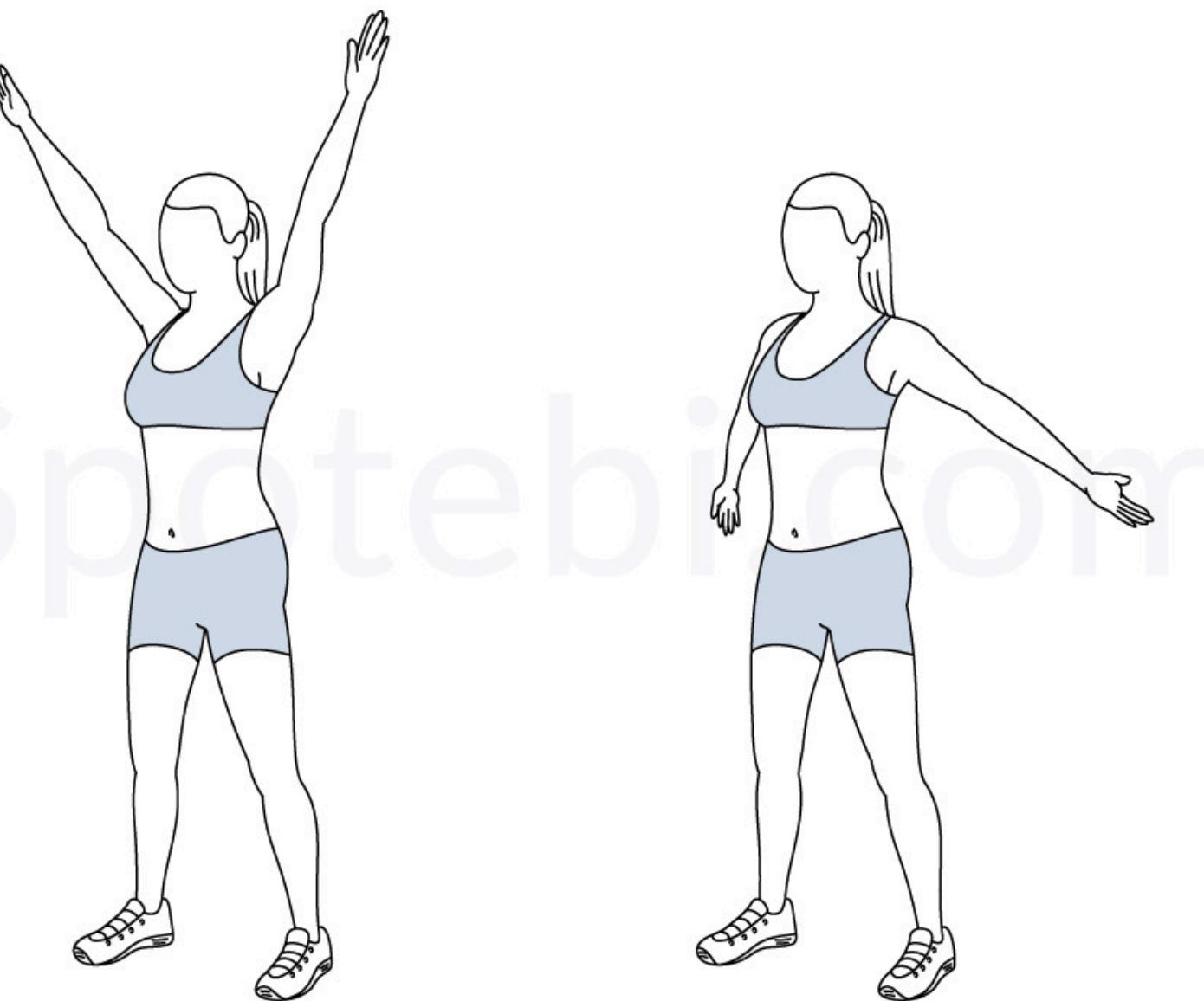
Bent Over Row



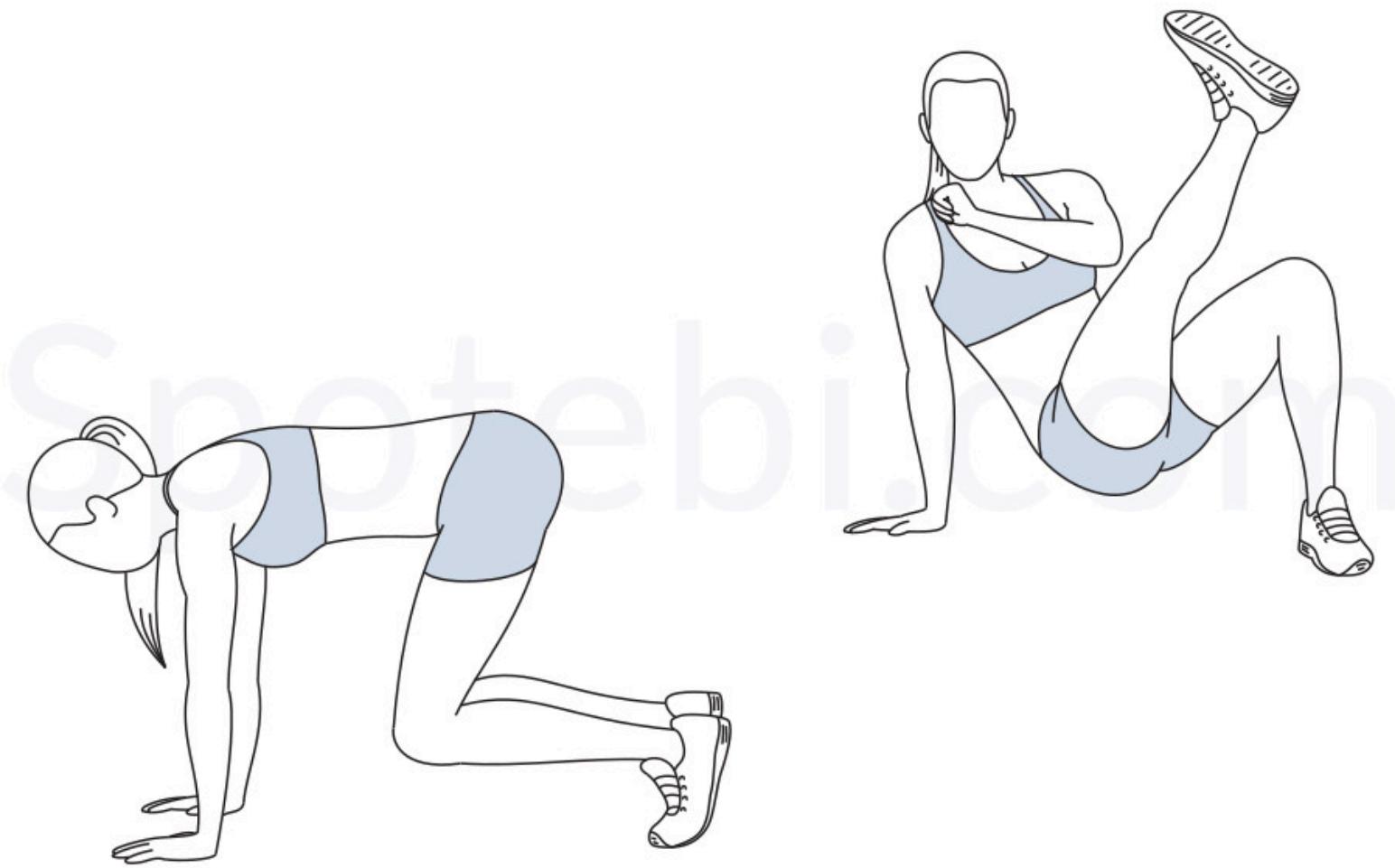
Bent Over Row Press



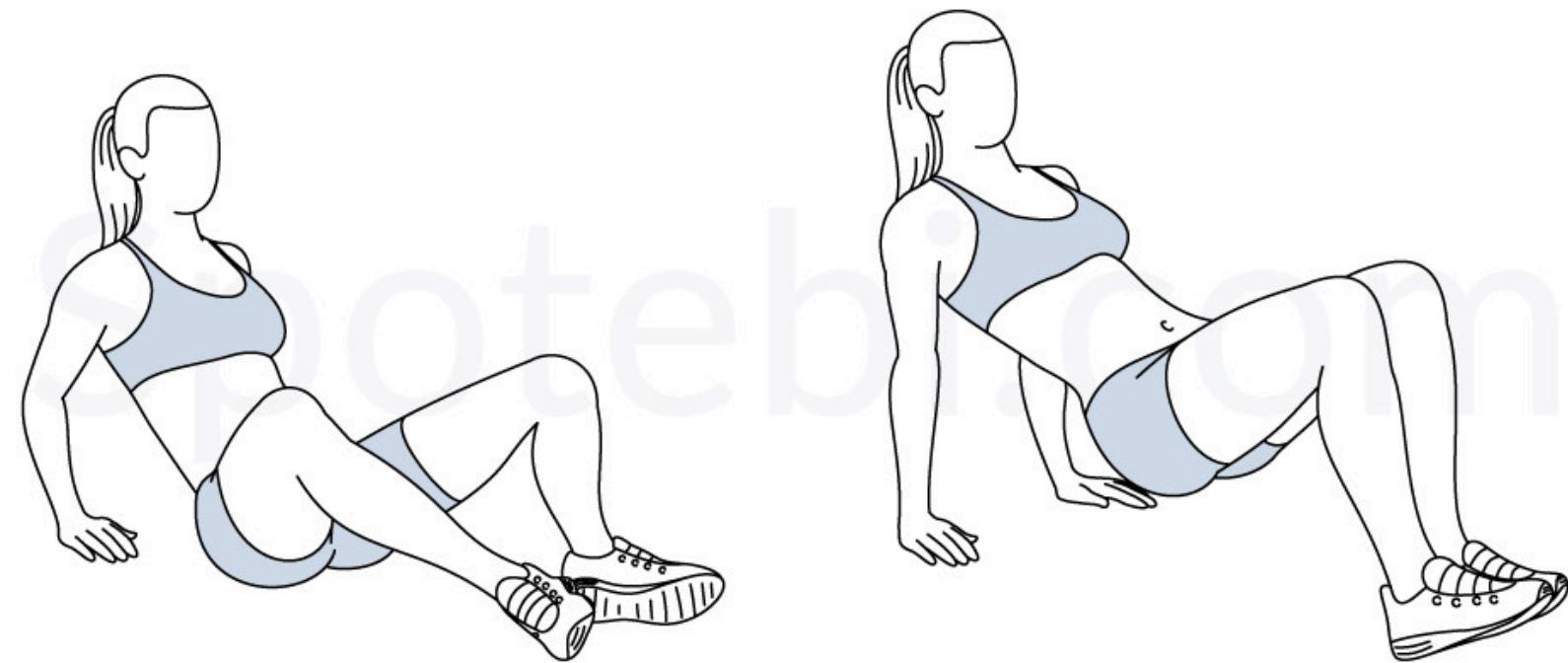
Big Arm Circles



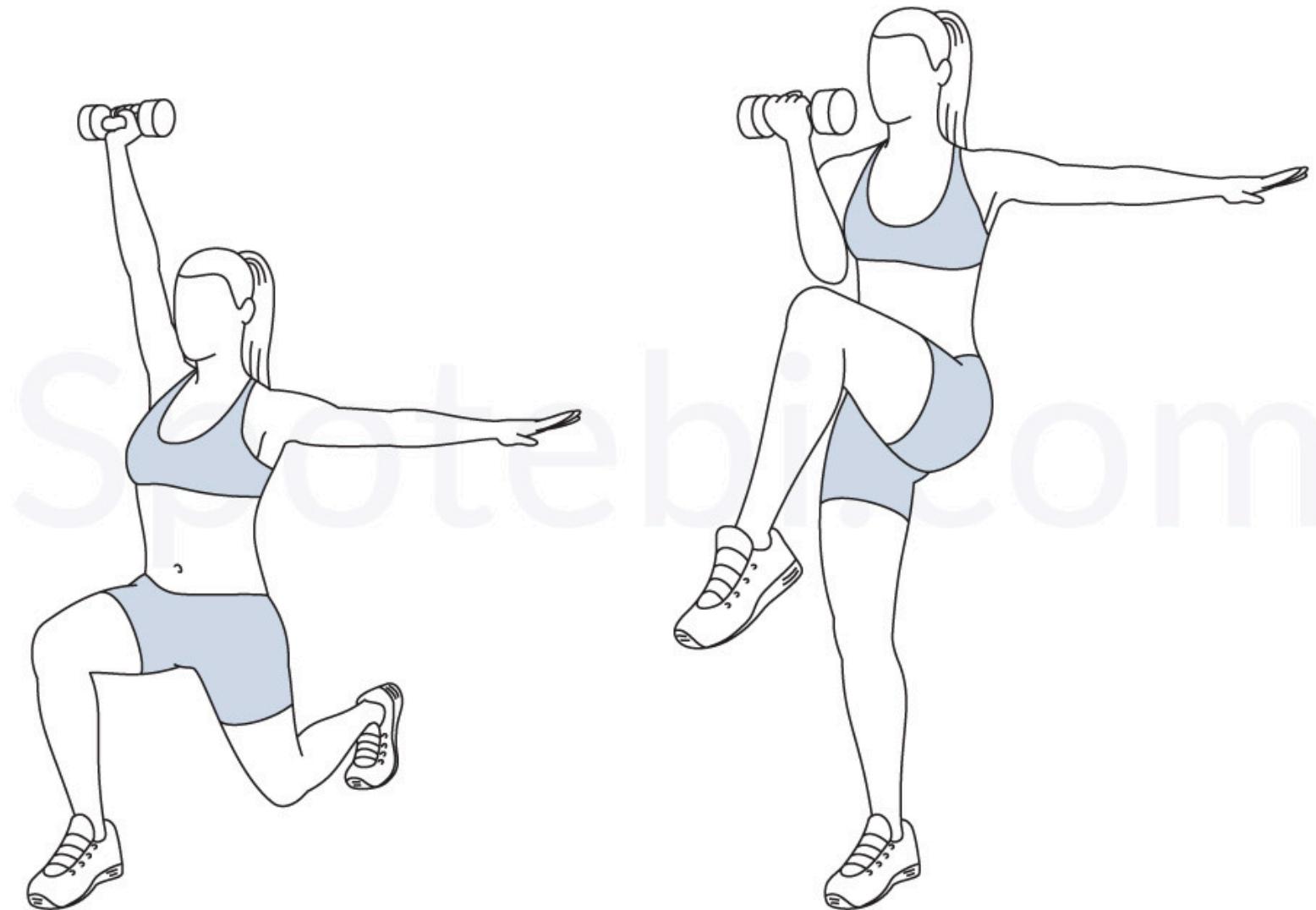
Breakdancer Kick



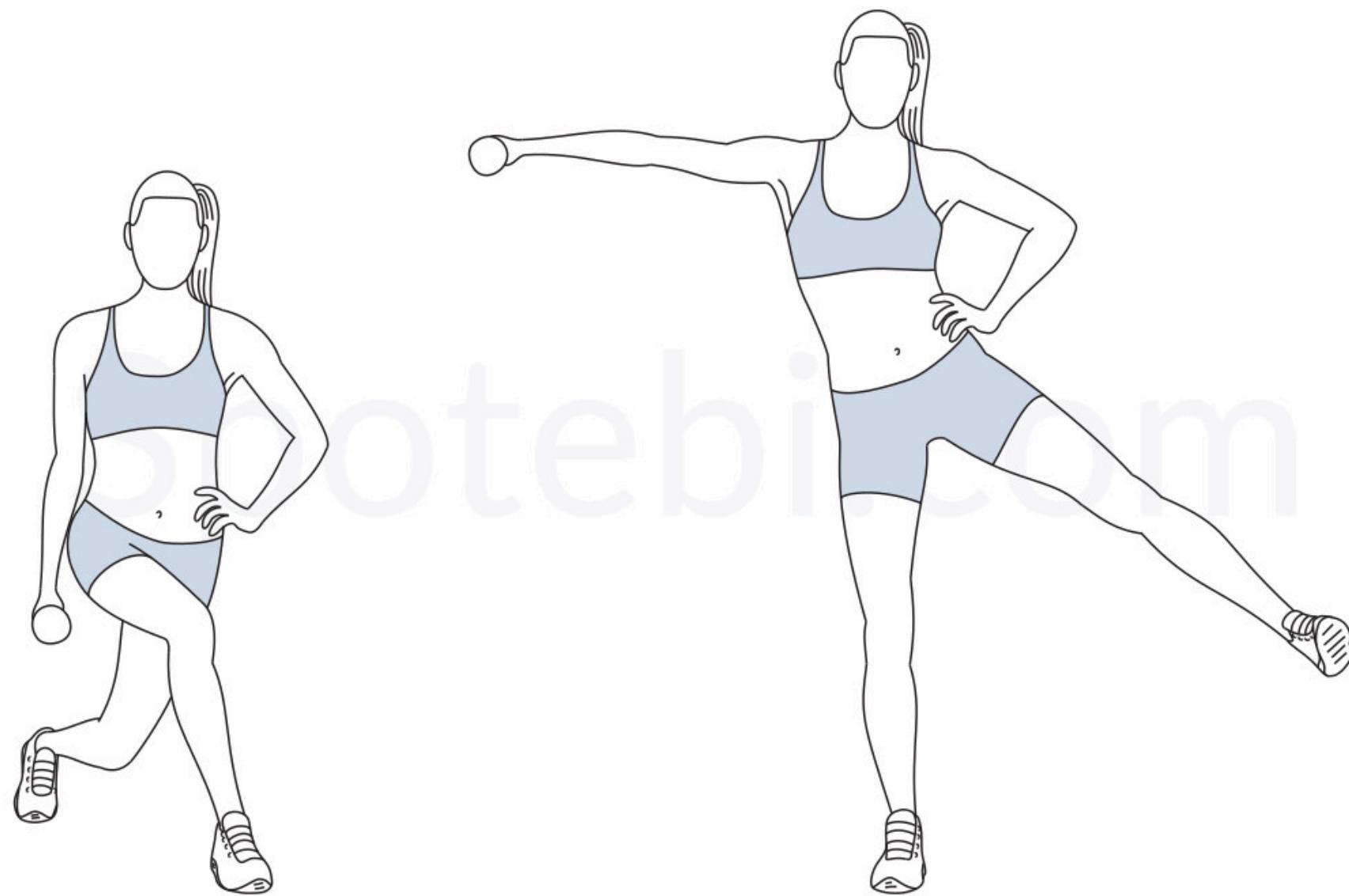
Butterfly Dips



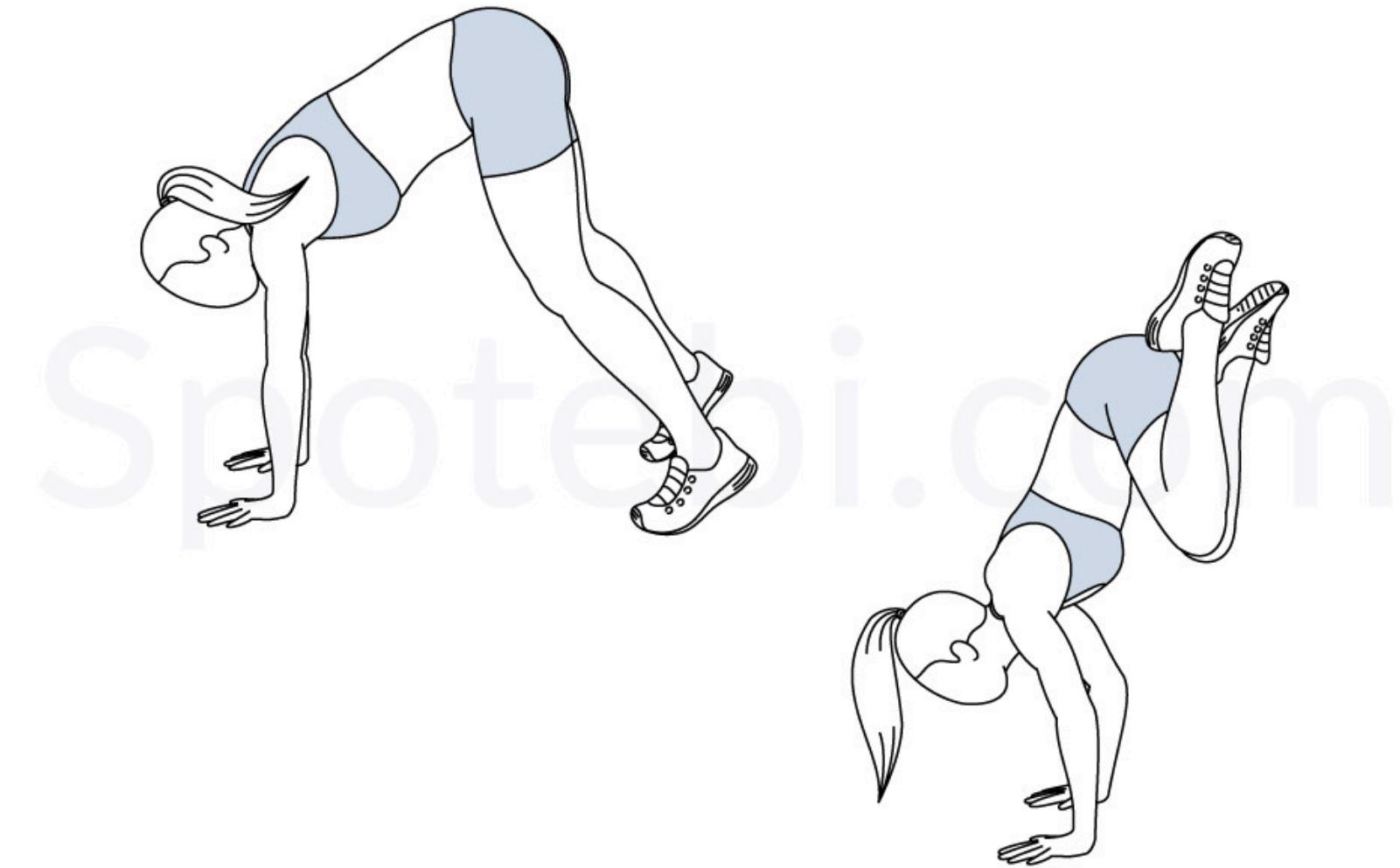
Core Control Rear Lunge



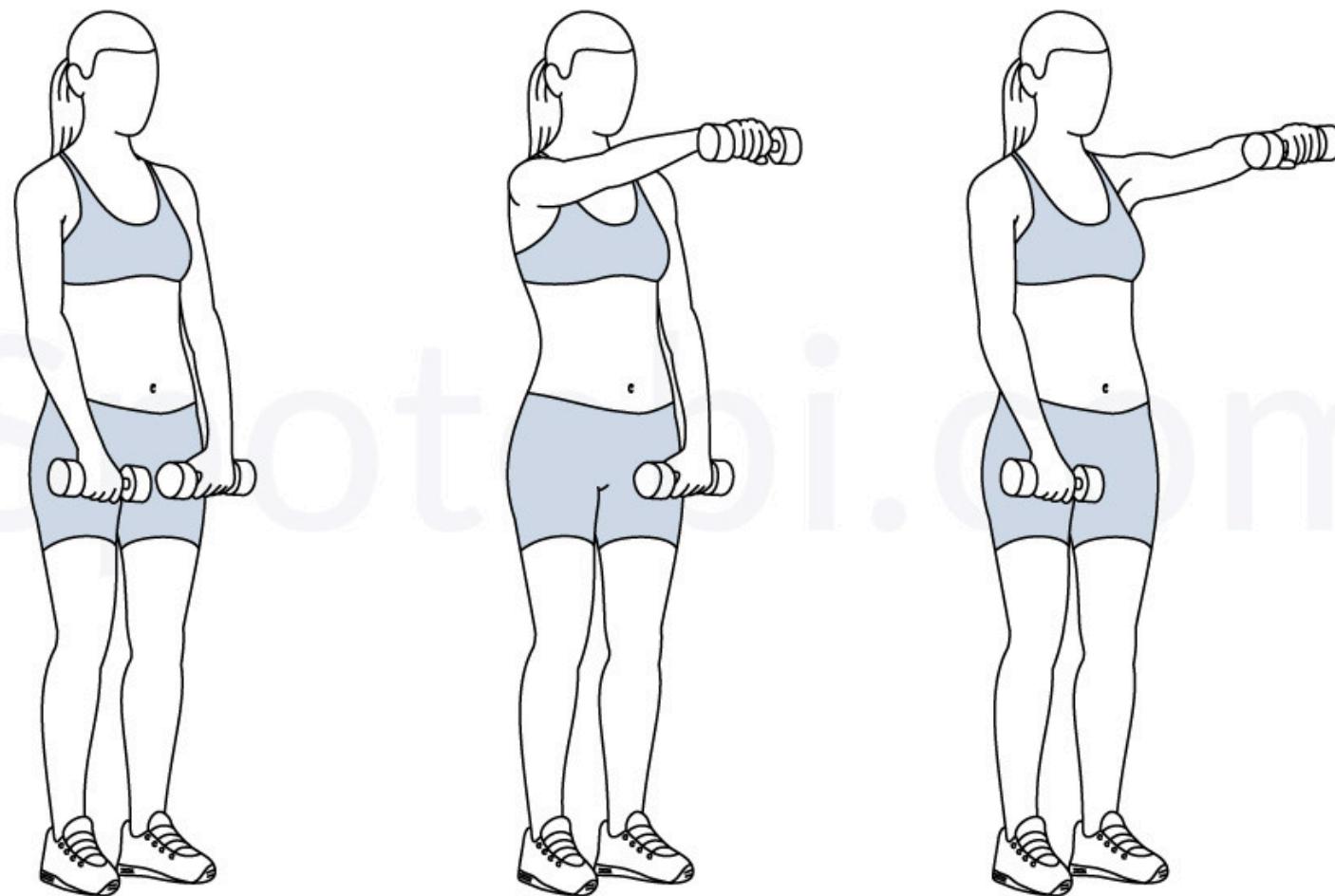
Curtsy Lunge Side Kick Raise



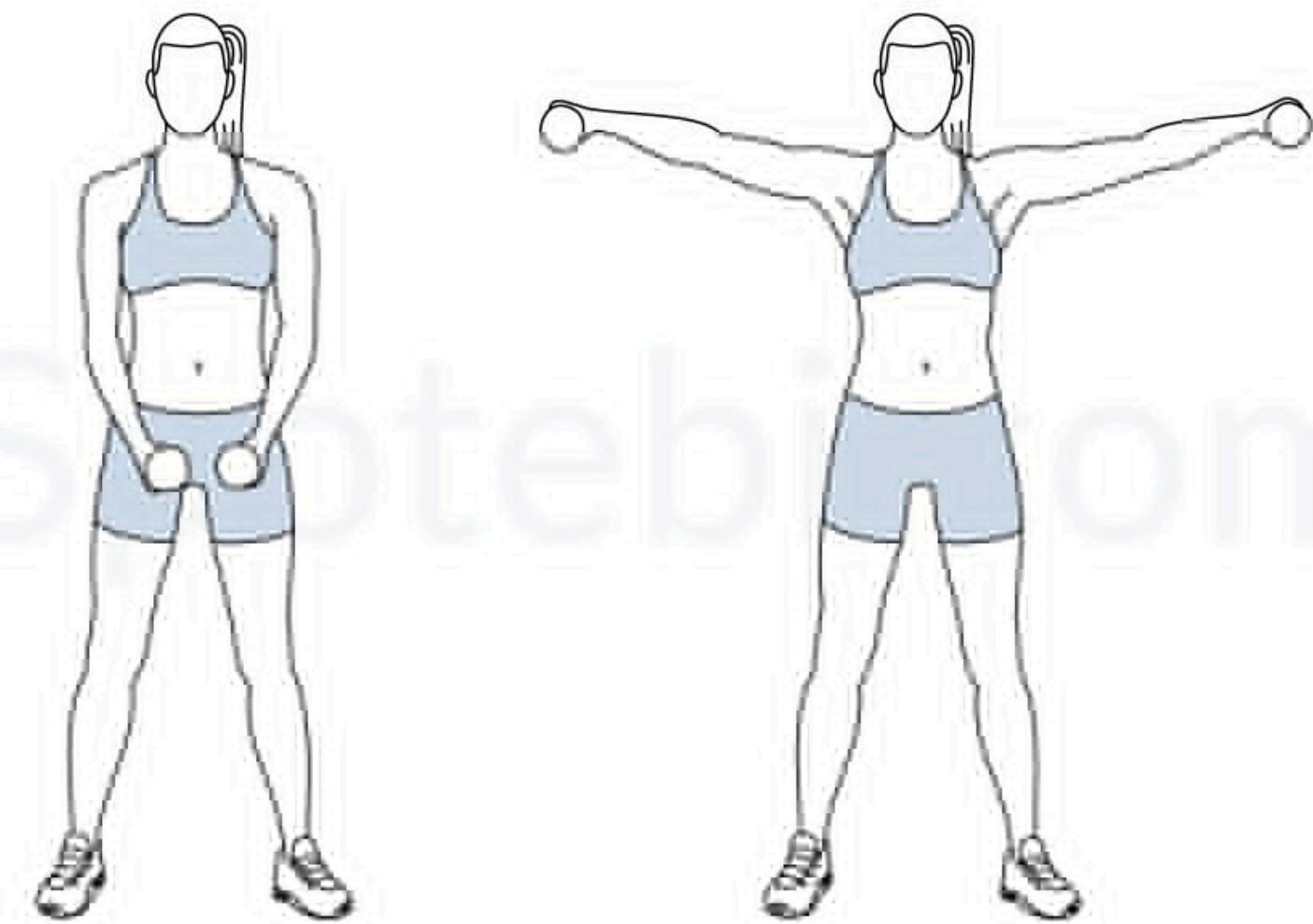
Double Leg Donkey Kicks



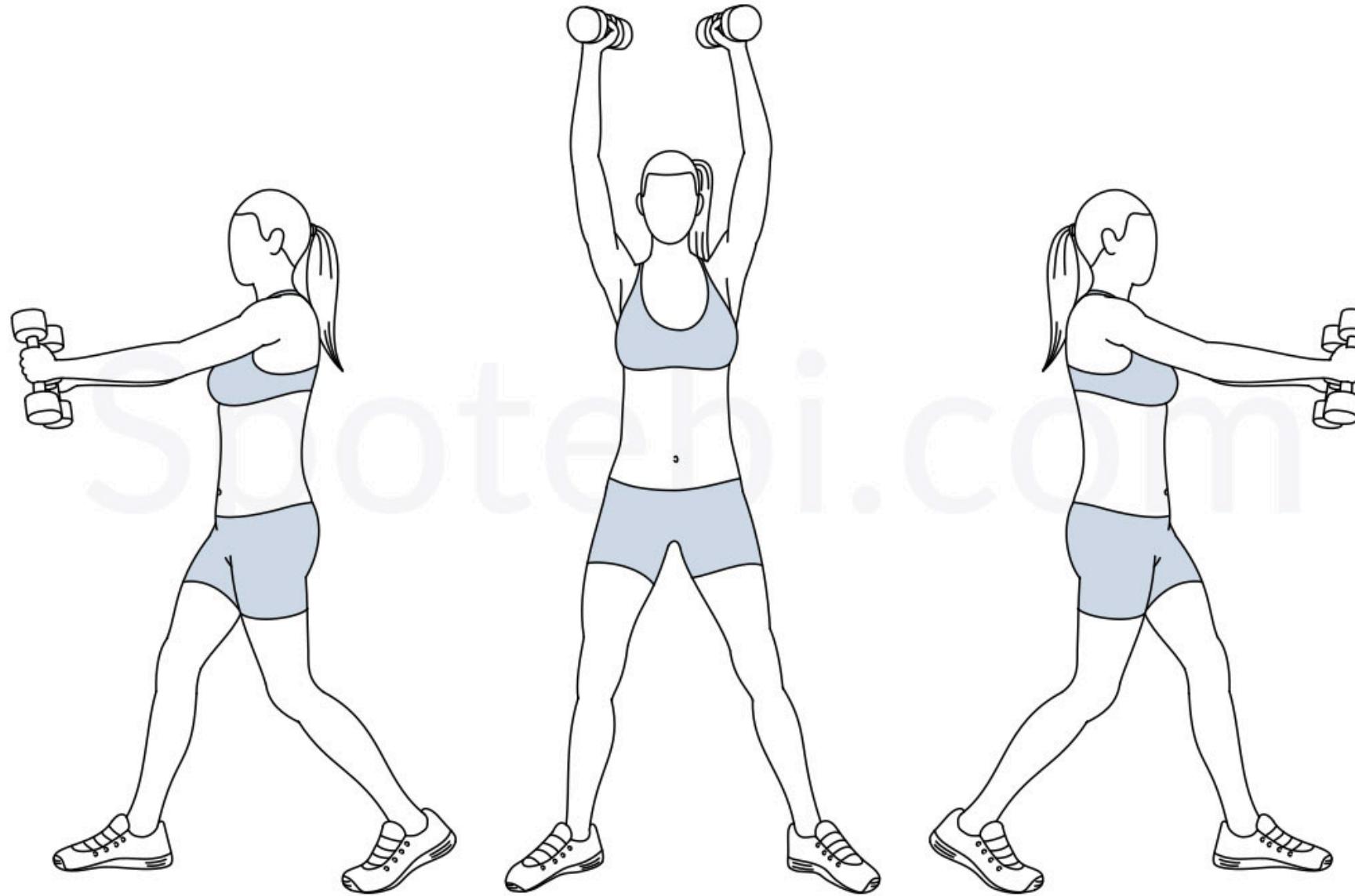
Dumbbell Front Raise



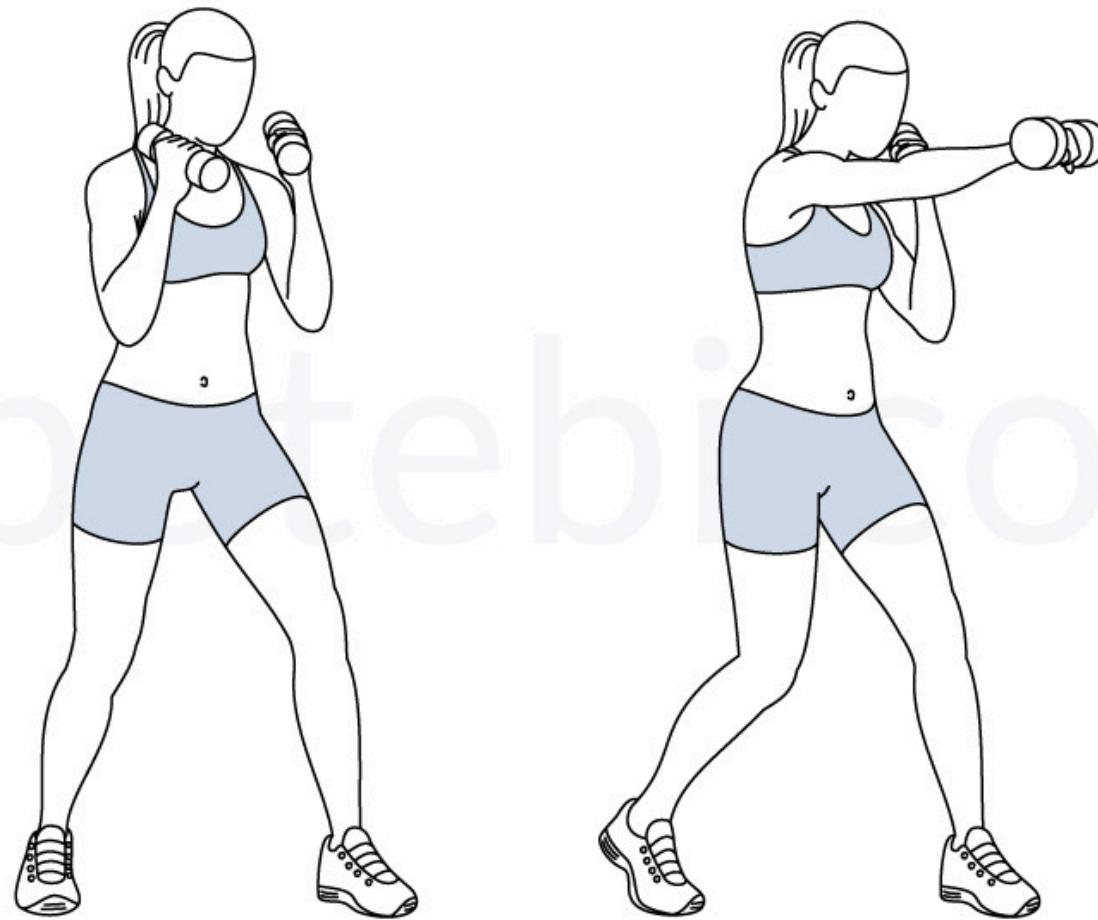
Dumbbell Lateral Raise



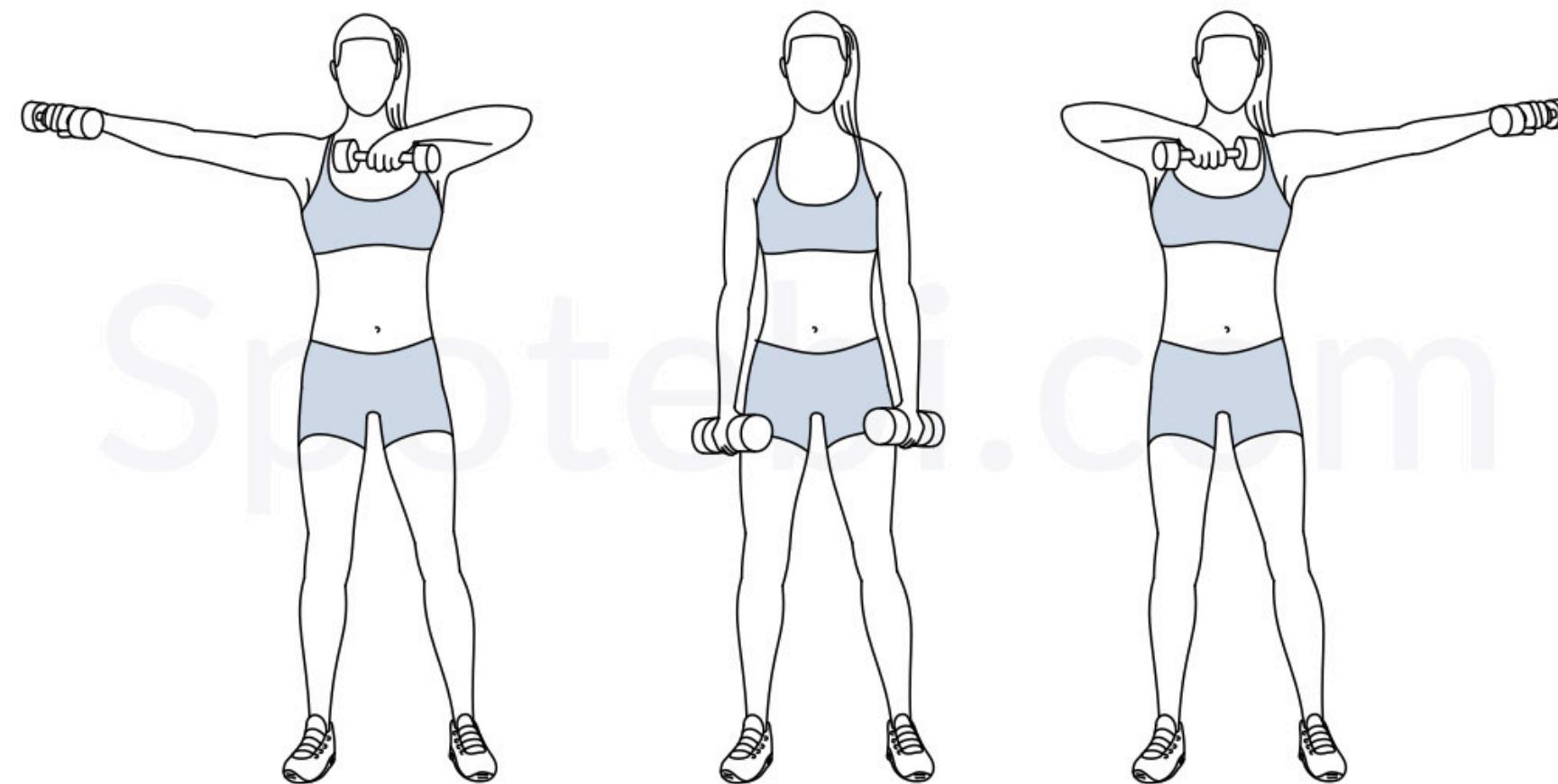
Dumbbell Overhead Rainbow



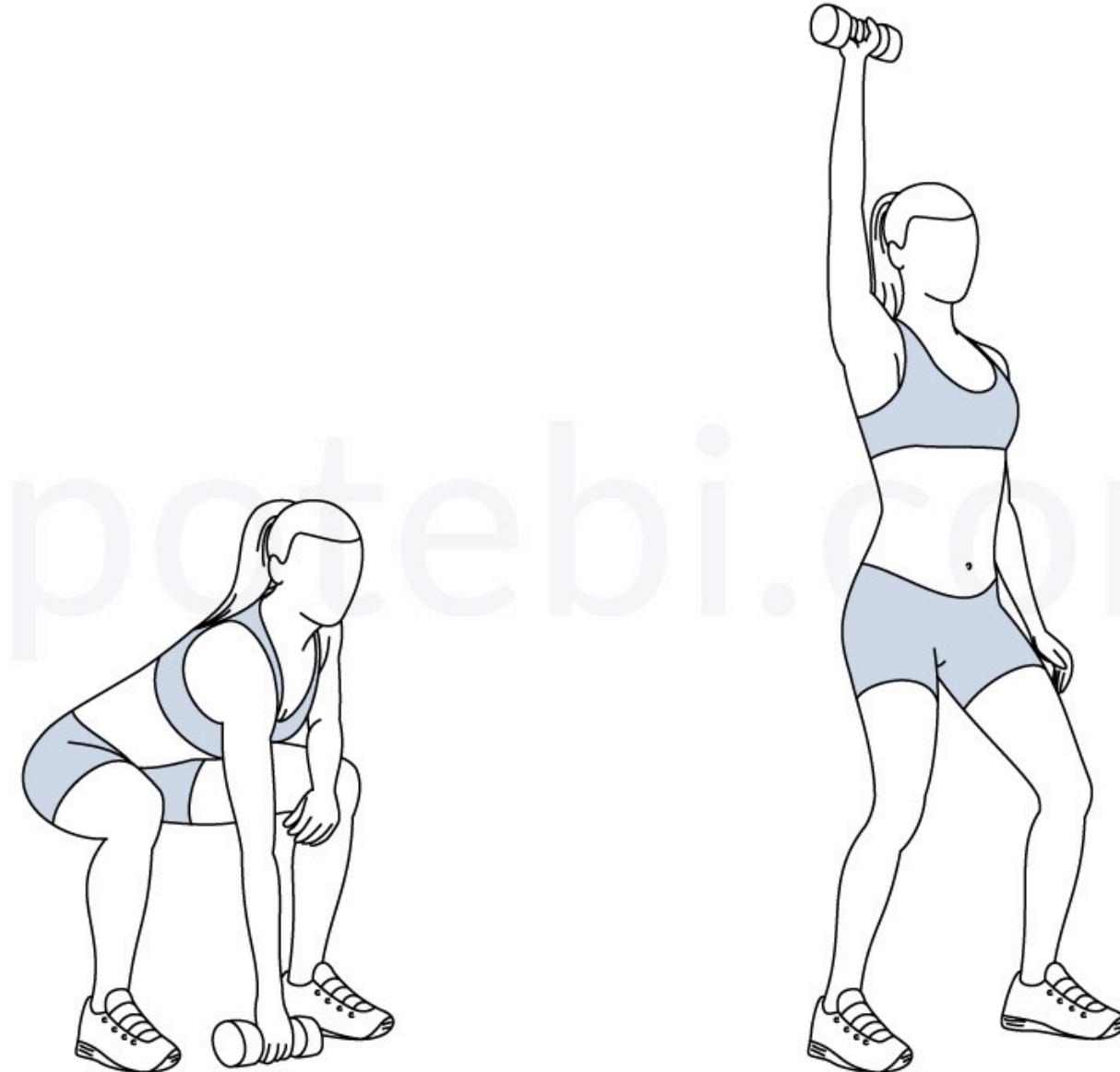
Dumbbell Punches



Dumbbell Side Swings



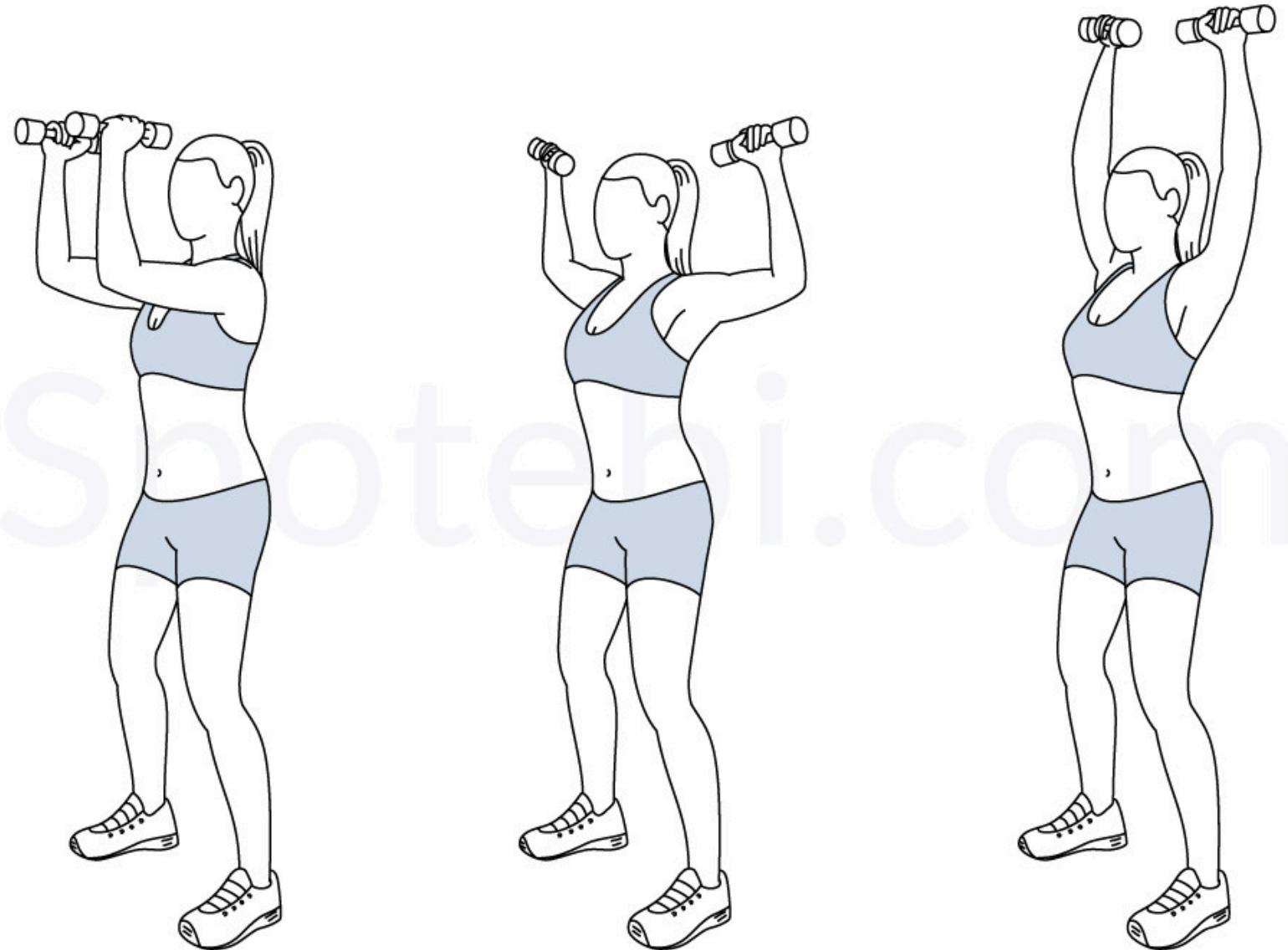
Single Arm Dumbbell Snatch



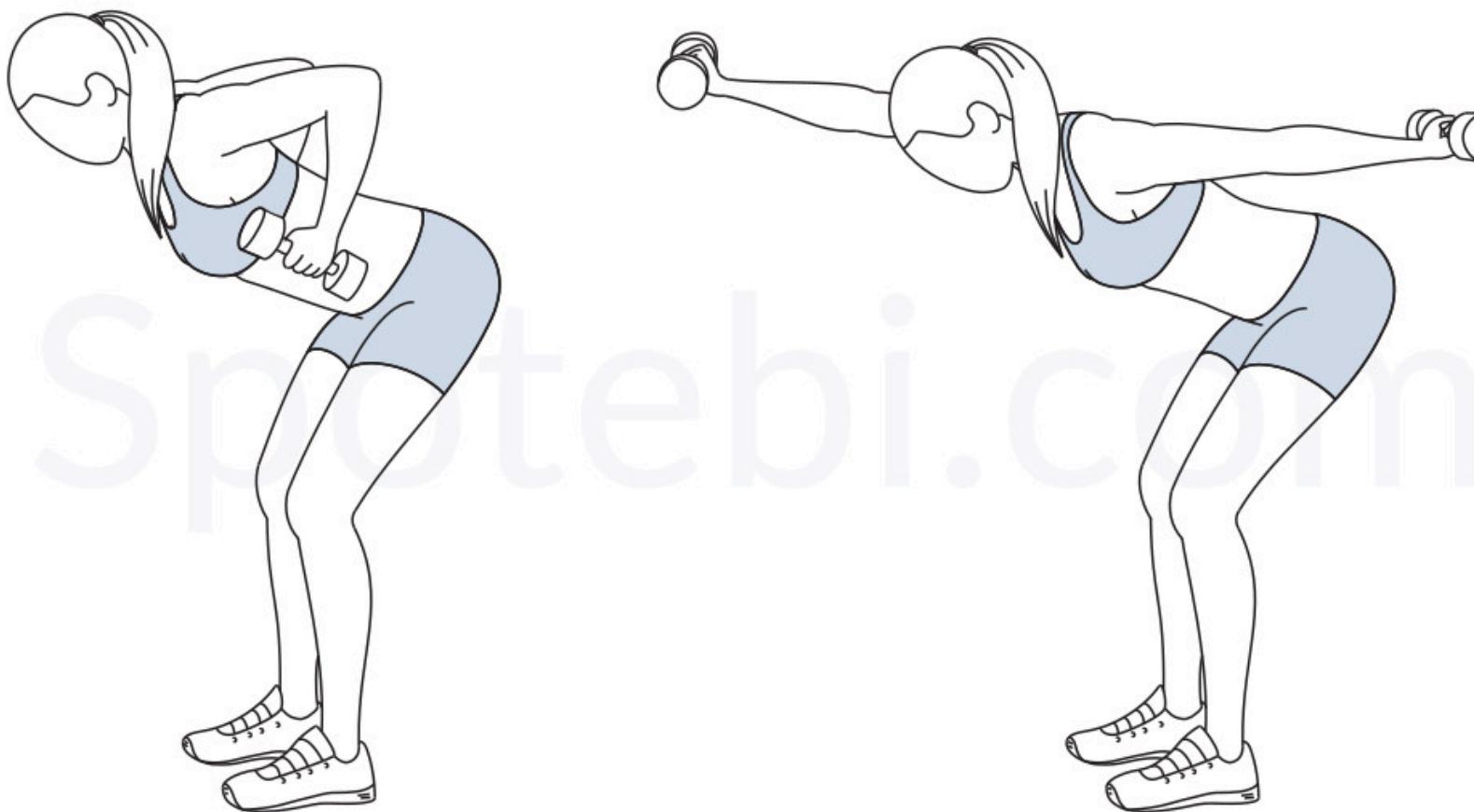
Dumbbell Thrusters



Elbow Squeeze Shoulder Press

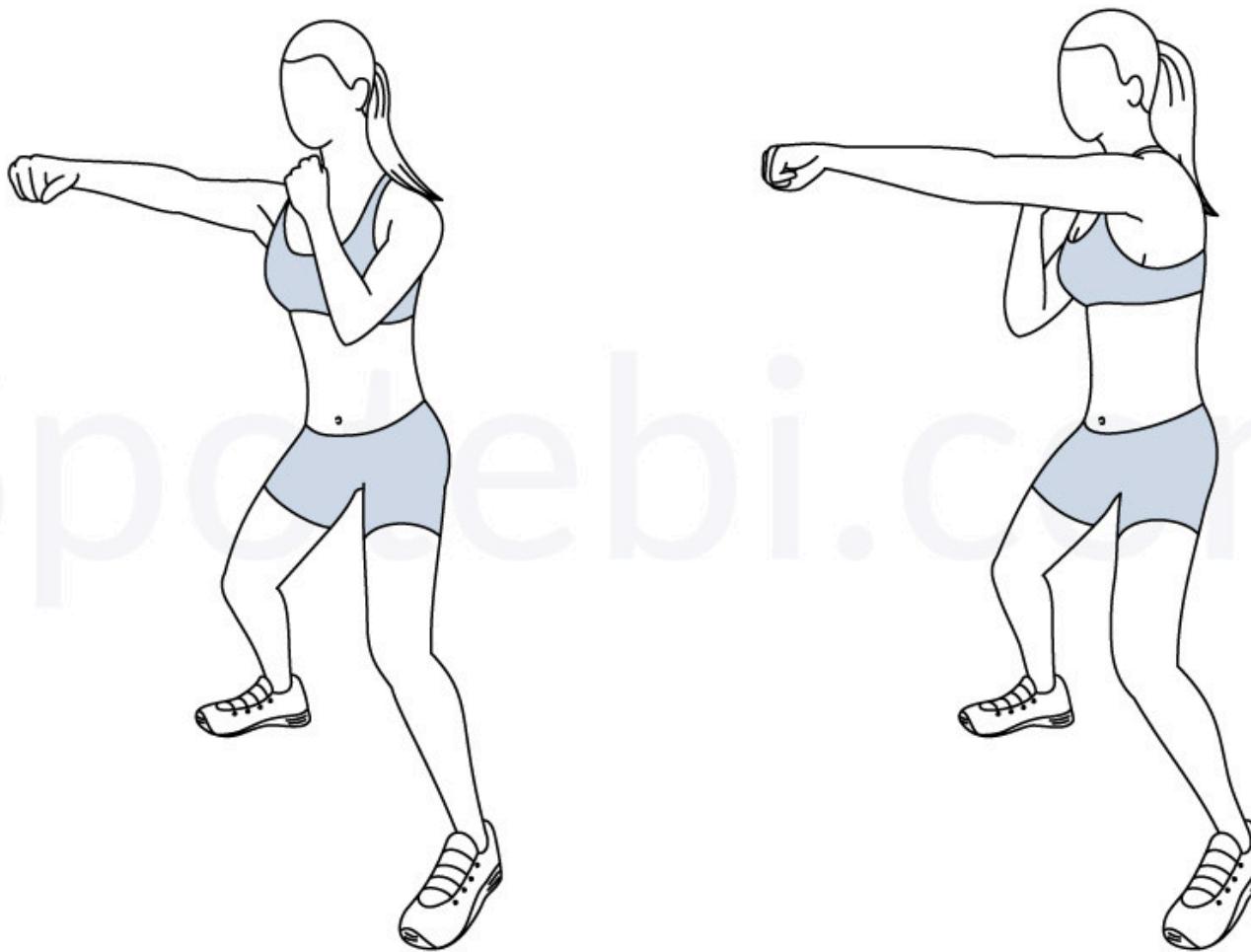


Bent Over Front Back Punch



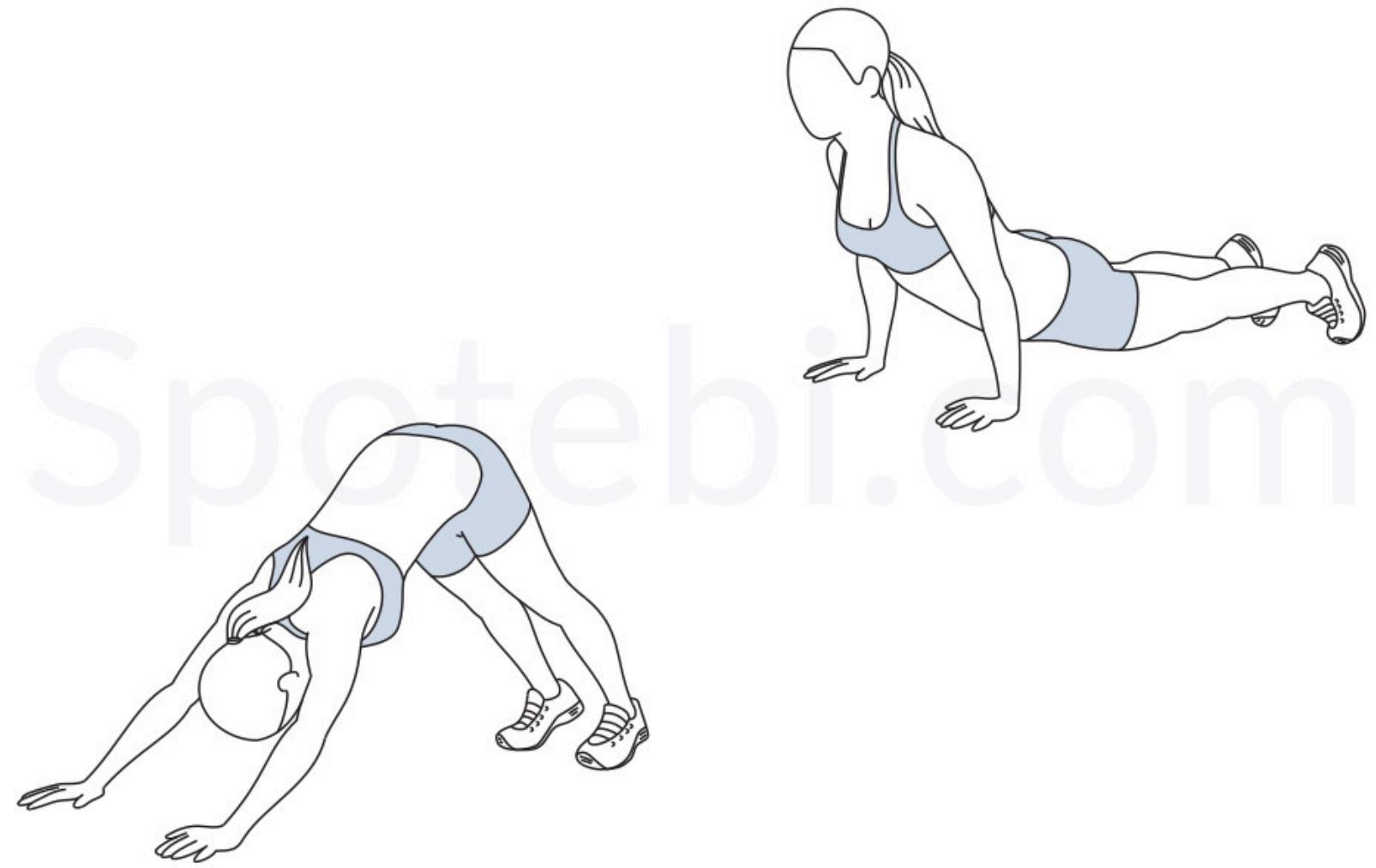
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Half Squat Jab Cross

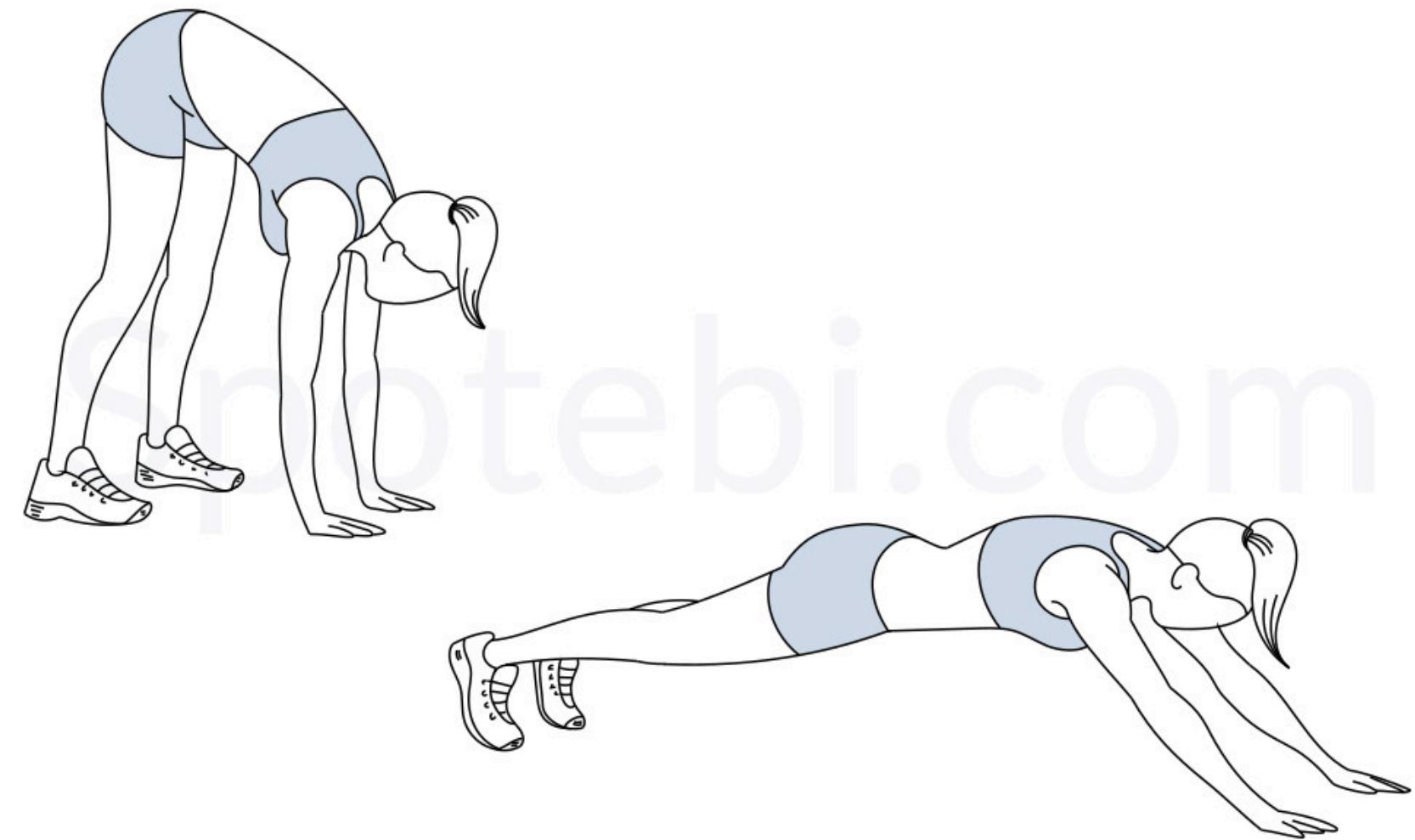


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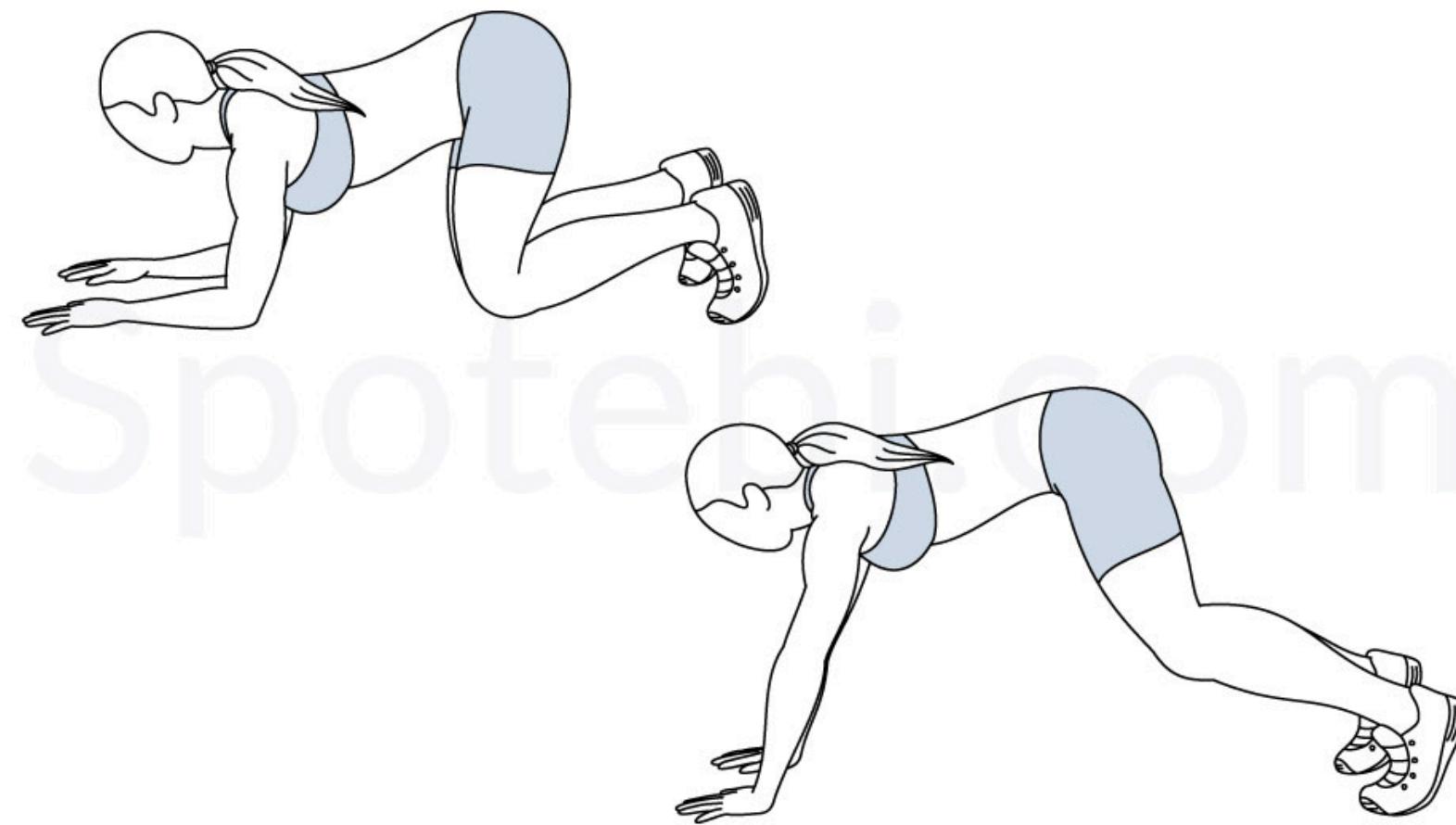
Hindu Push Ups



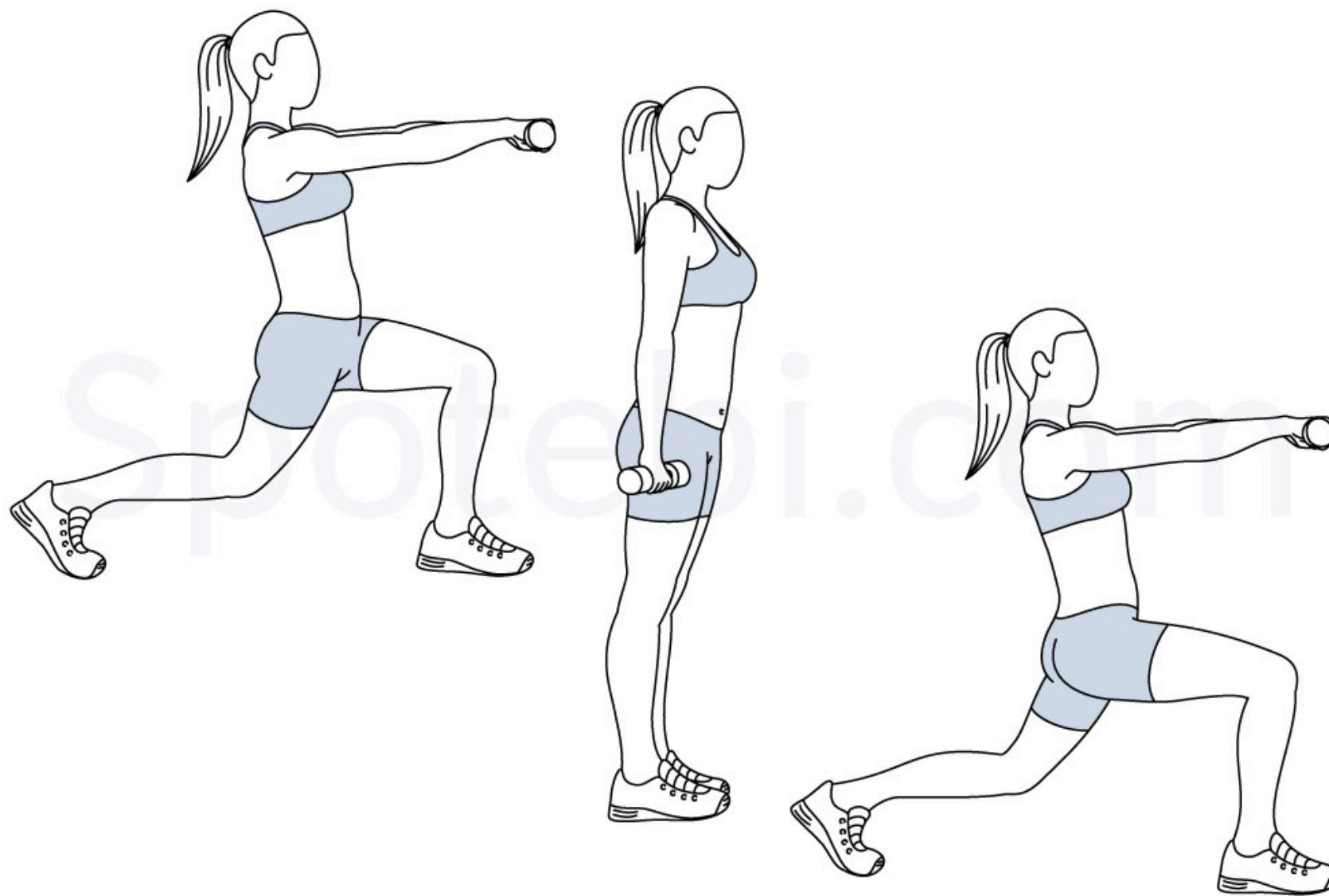
Inchworm



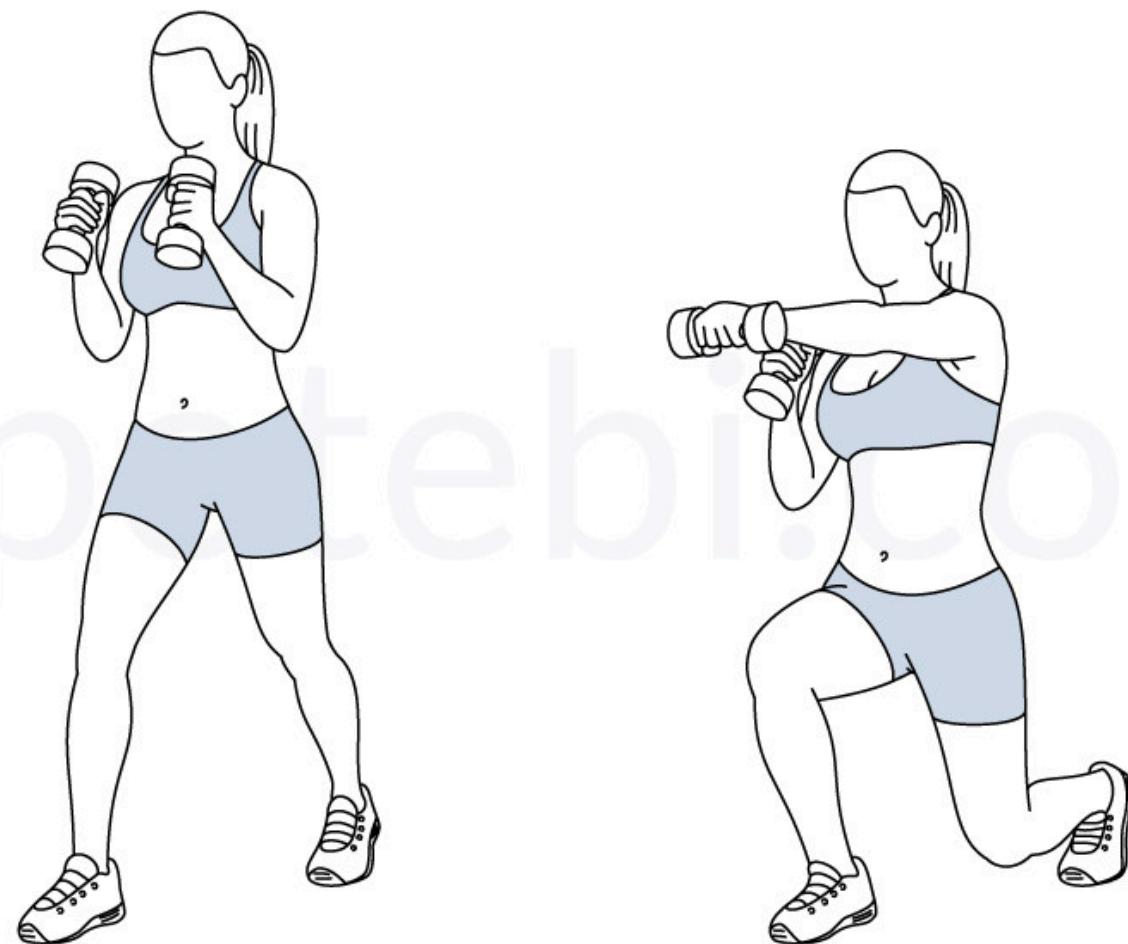
Knee And Elbow Press Up



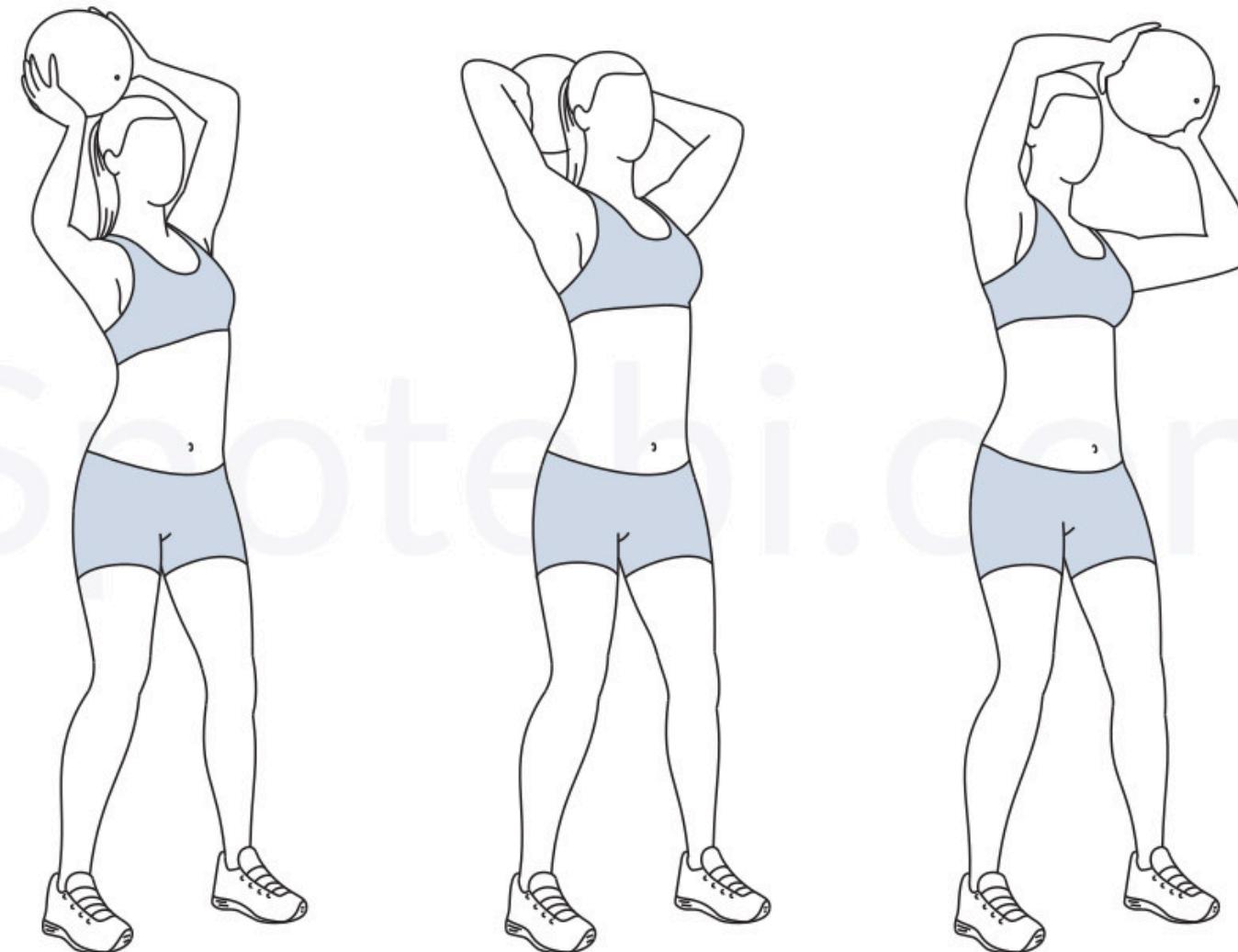
Alternating Lunge Front Raise



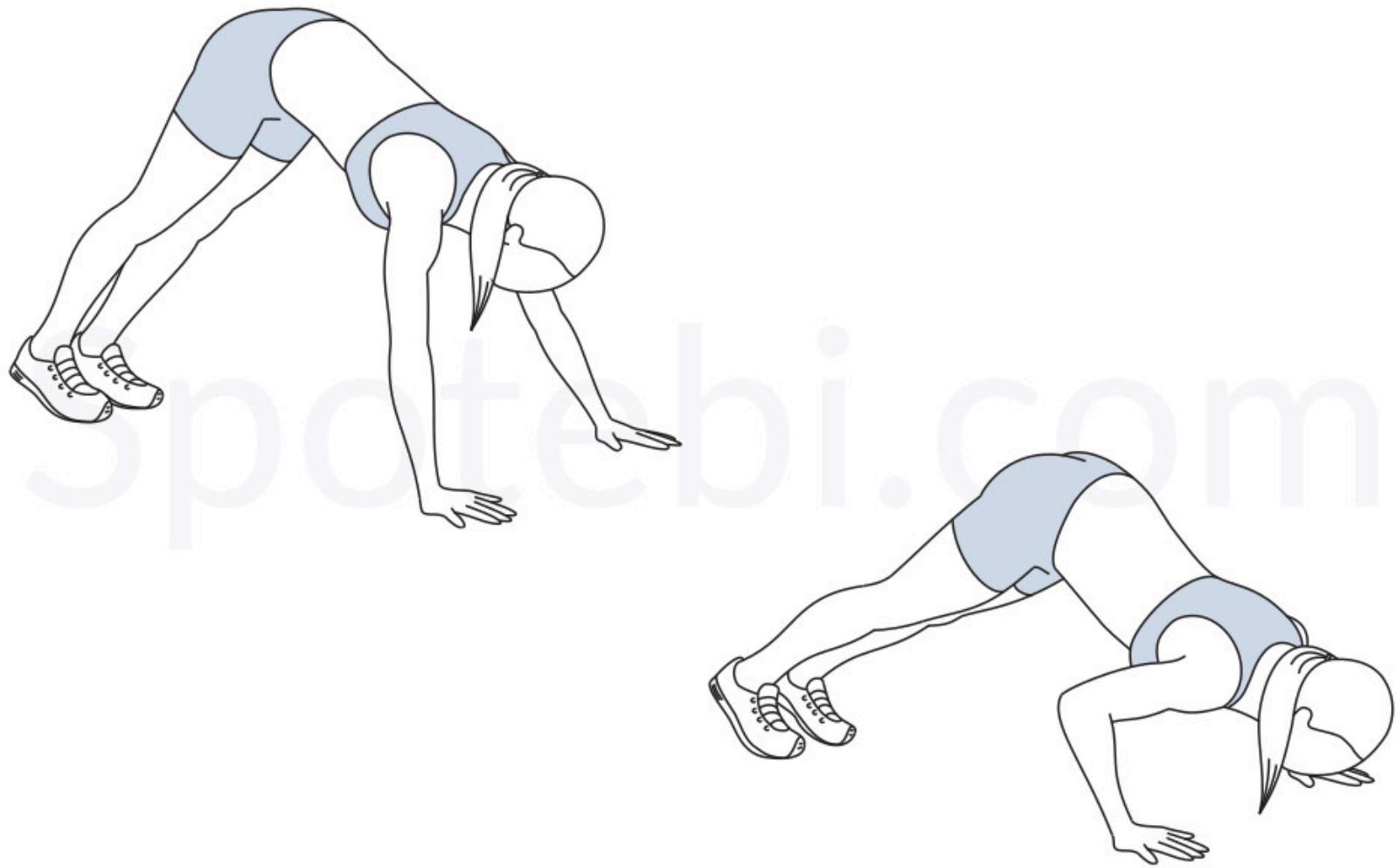
Lunge Punch



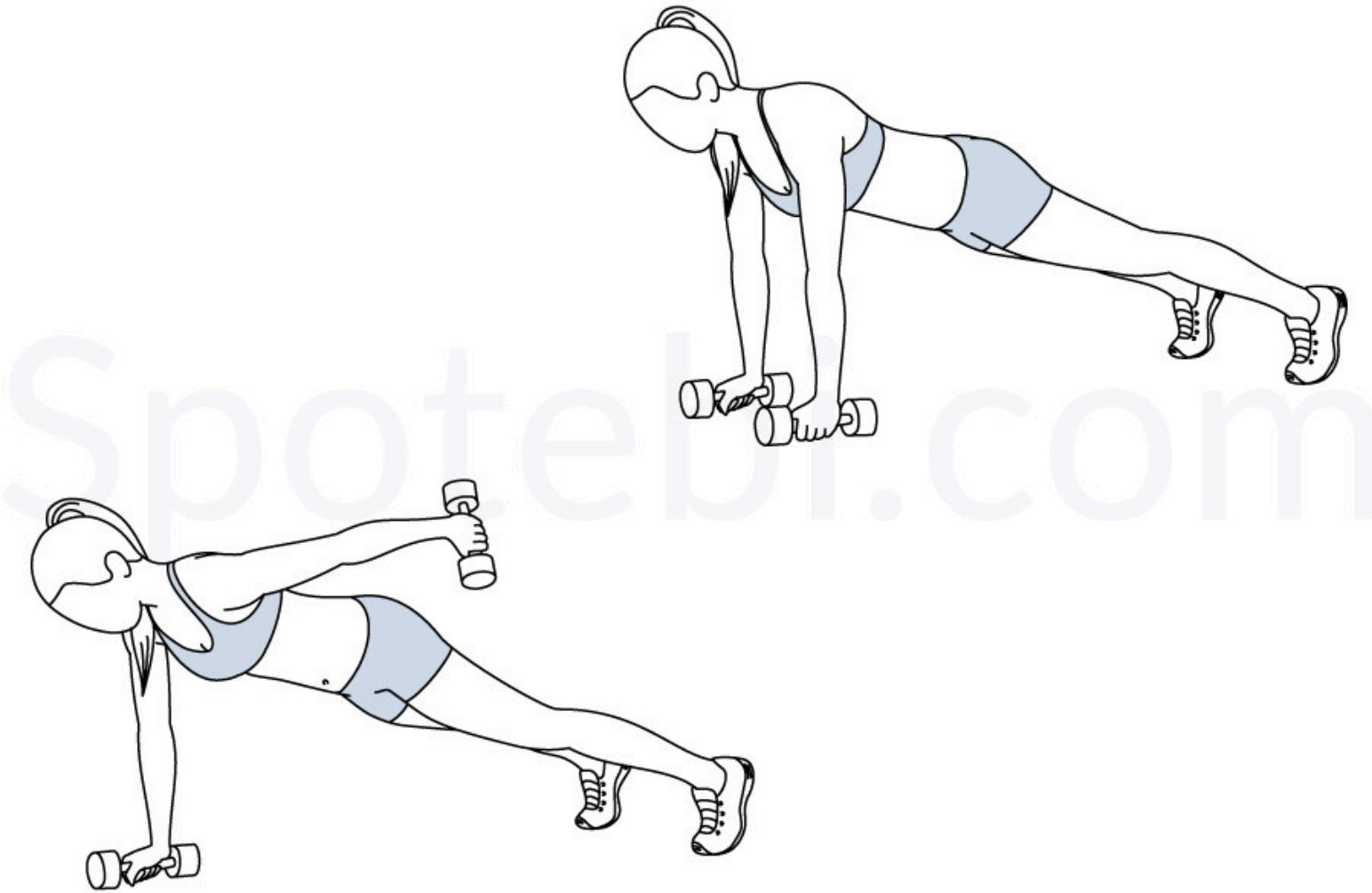
Medicine Ball Overhead Circles



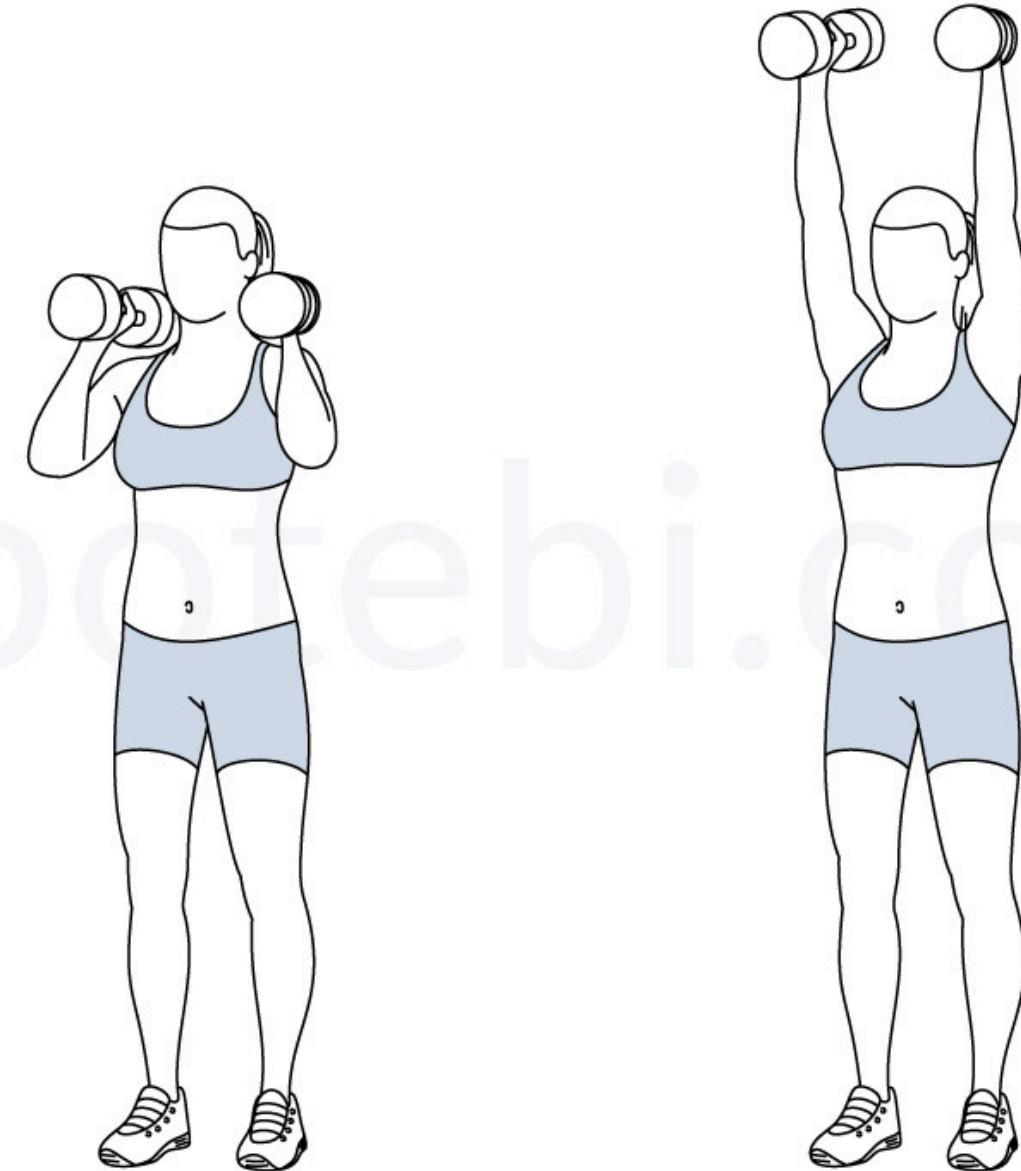
Pike Push Up



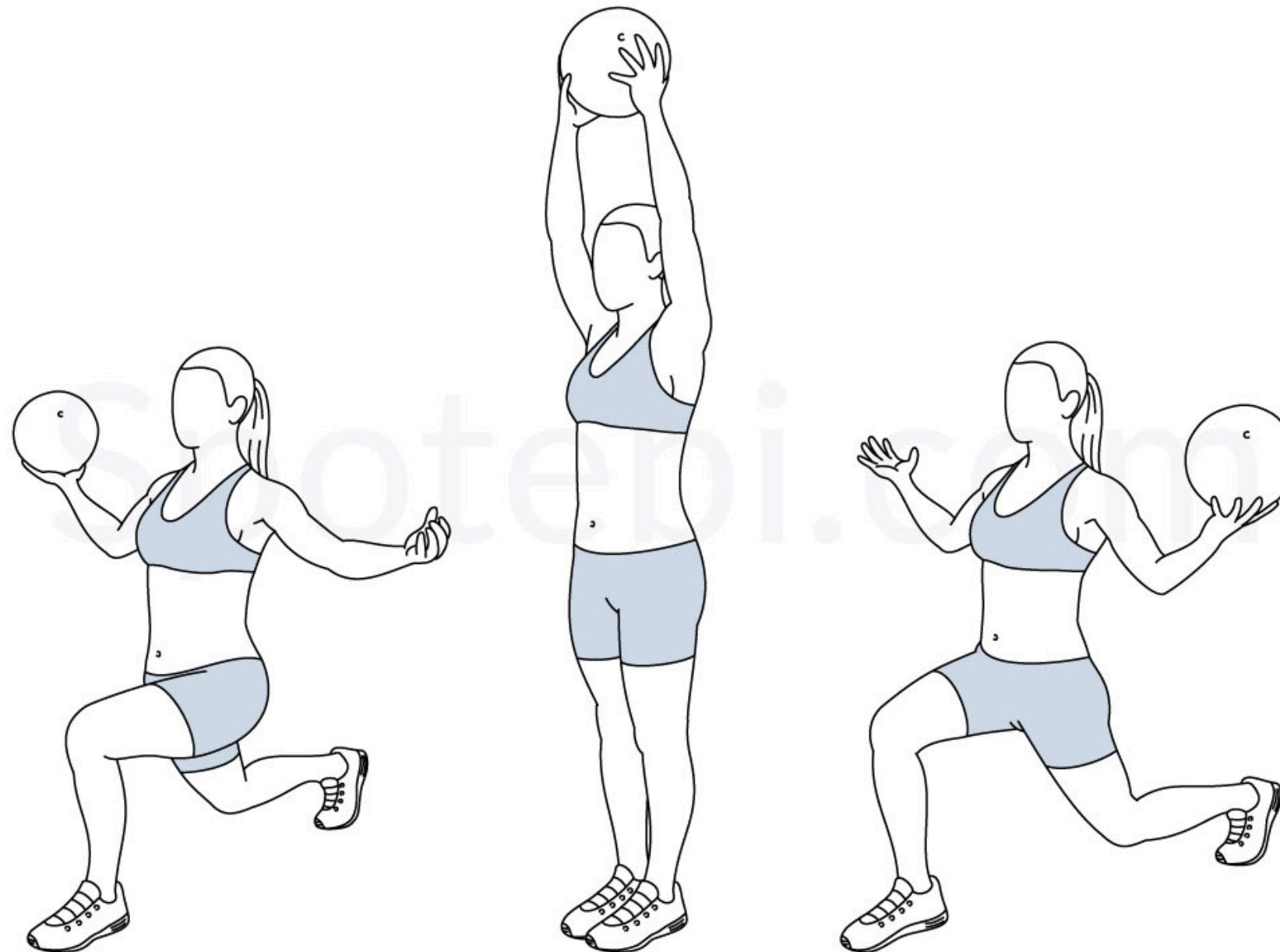
Plank Straight Arm Kickback



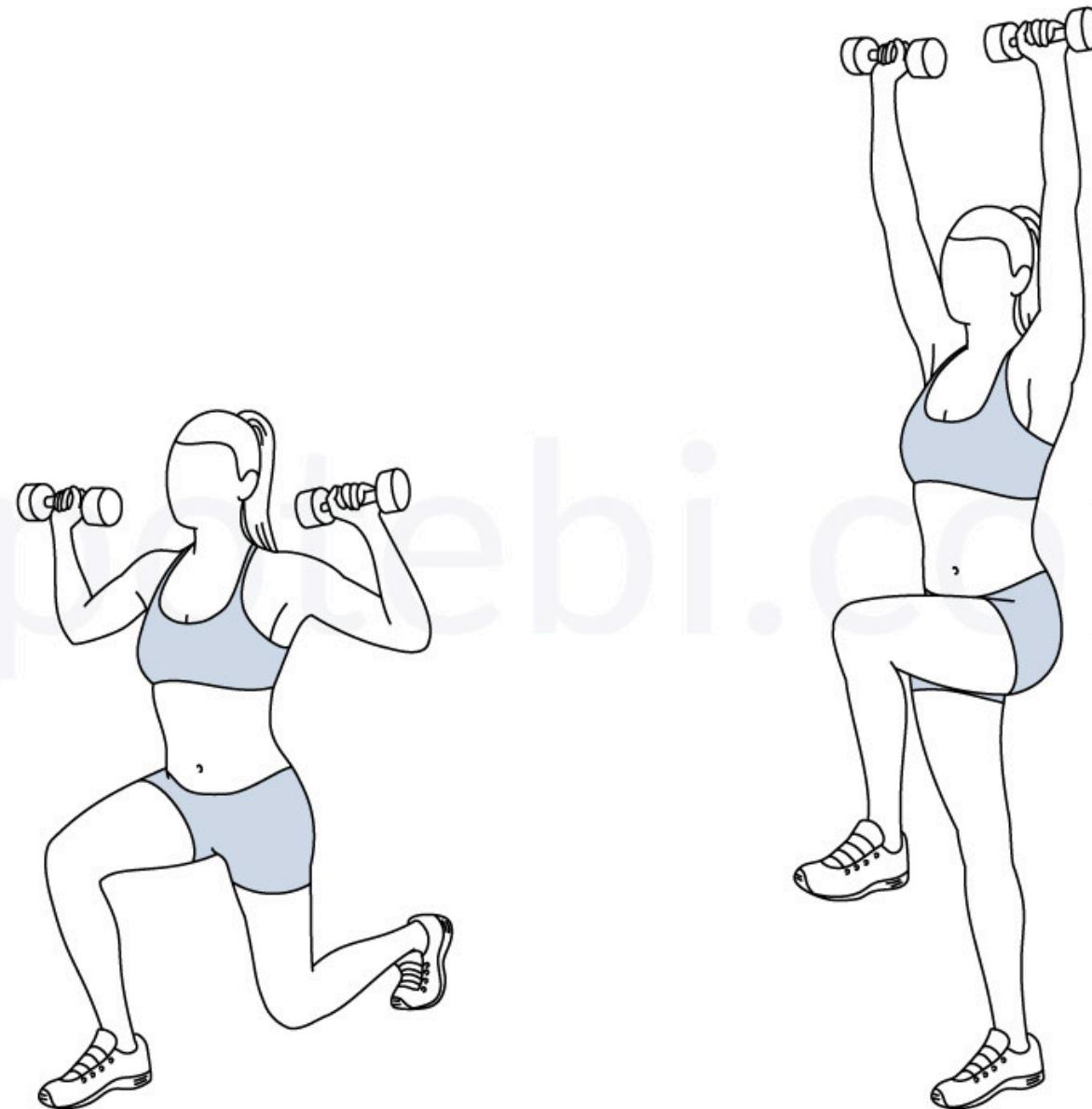
Dumbbell Push Press



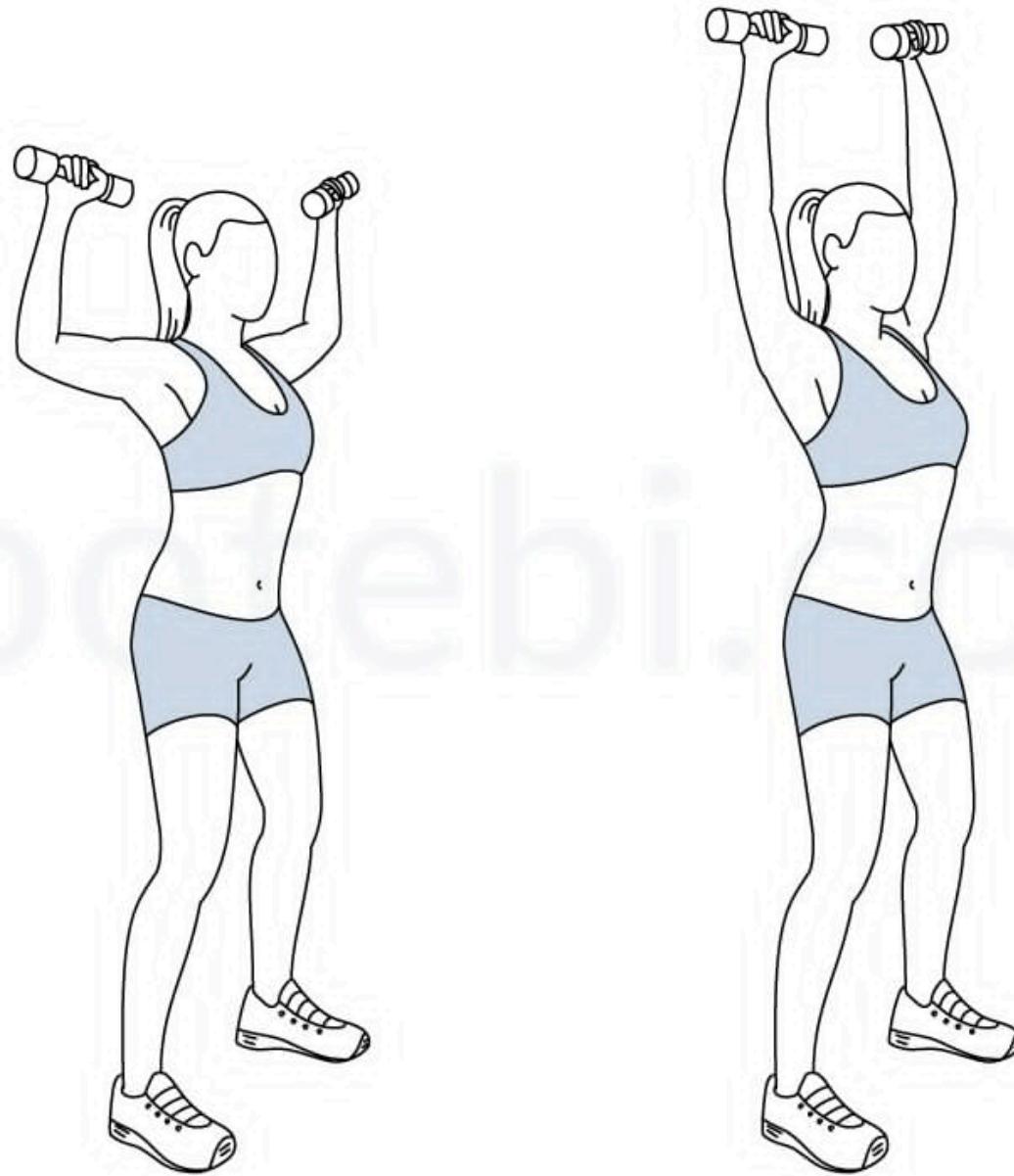
Reverse Lunge Medicine Ball Overhead Press



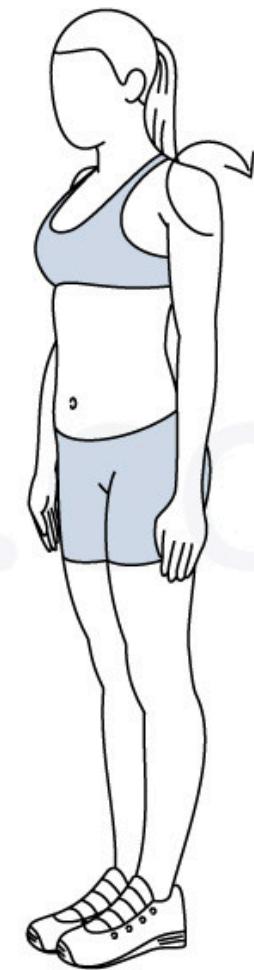
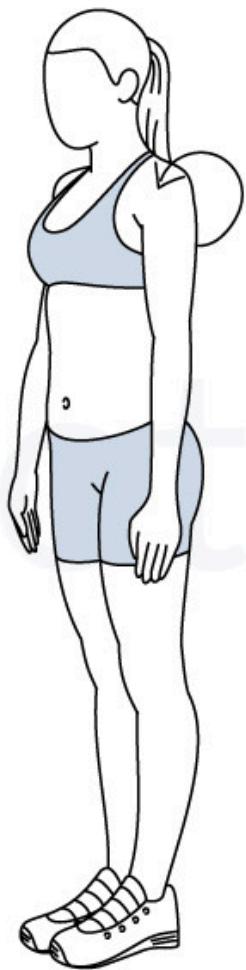
Reverse Lunge Shoulder Press



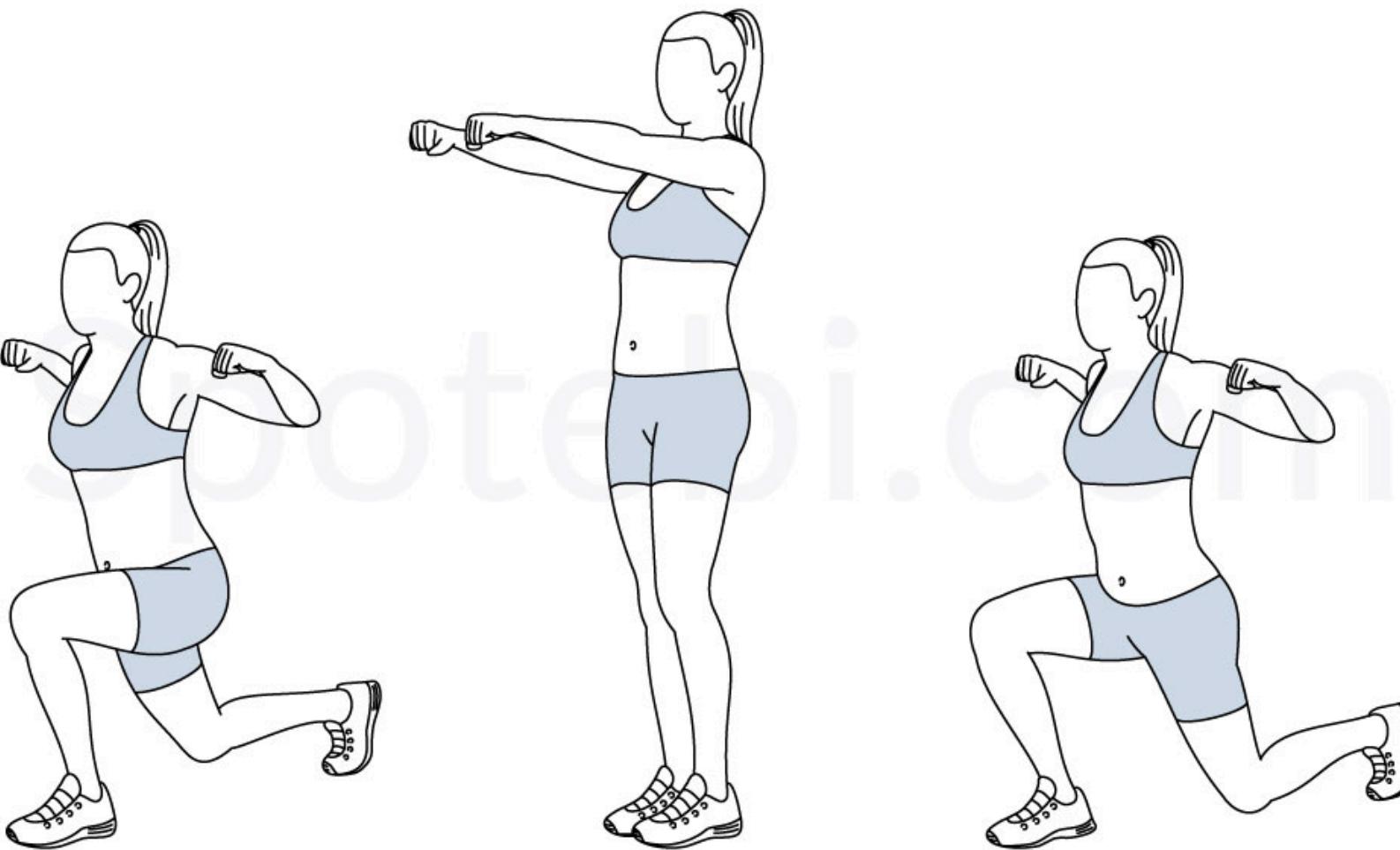
Dumbbell Shoulder Press



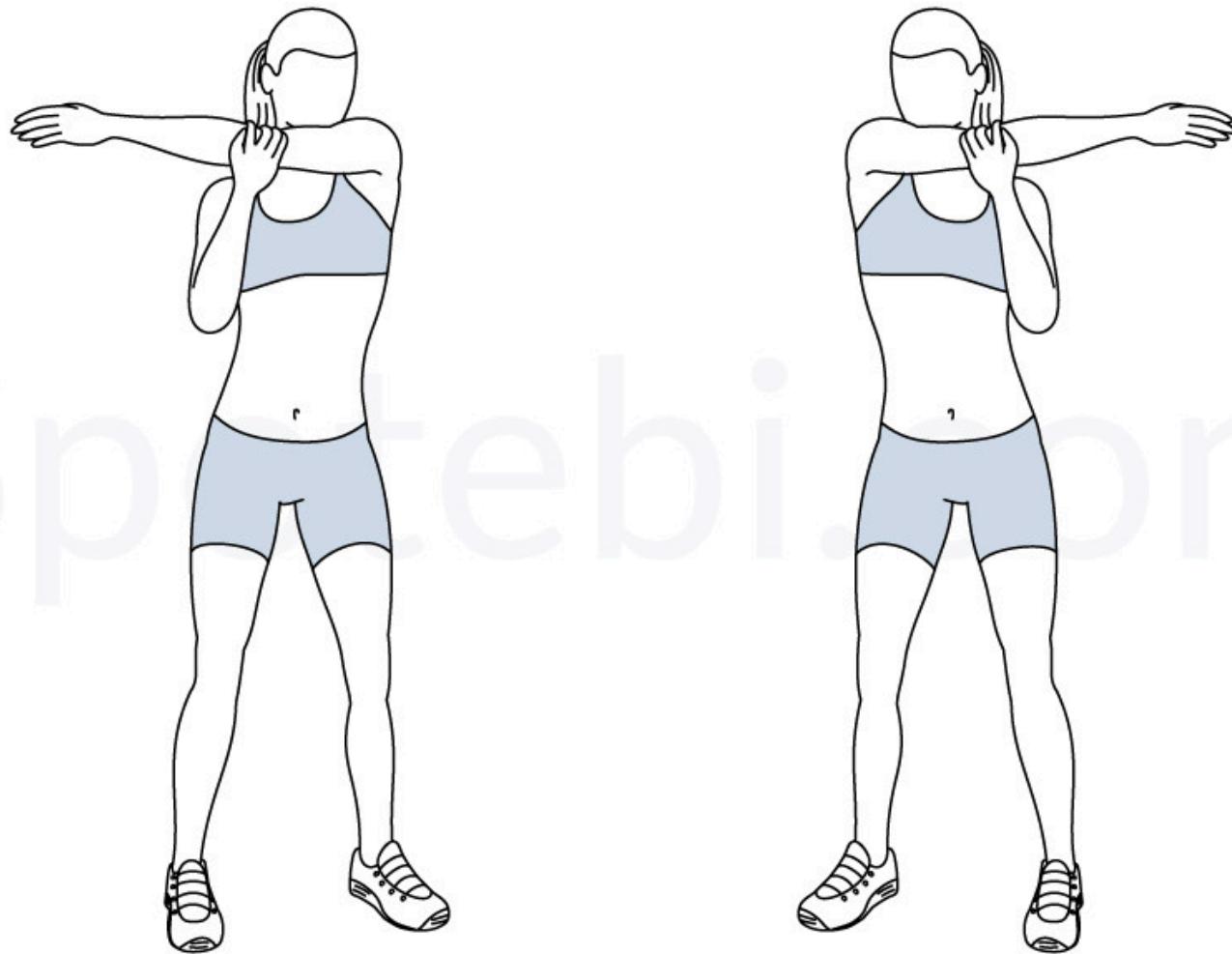
Shoulder Rolls



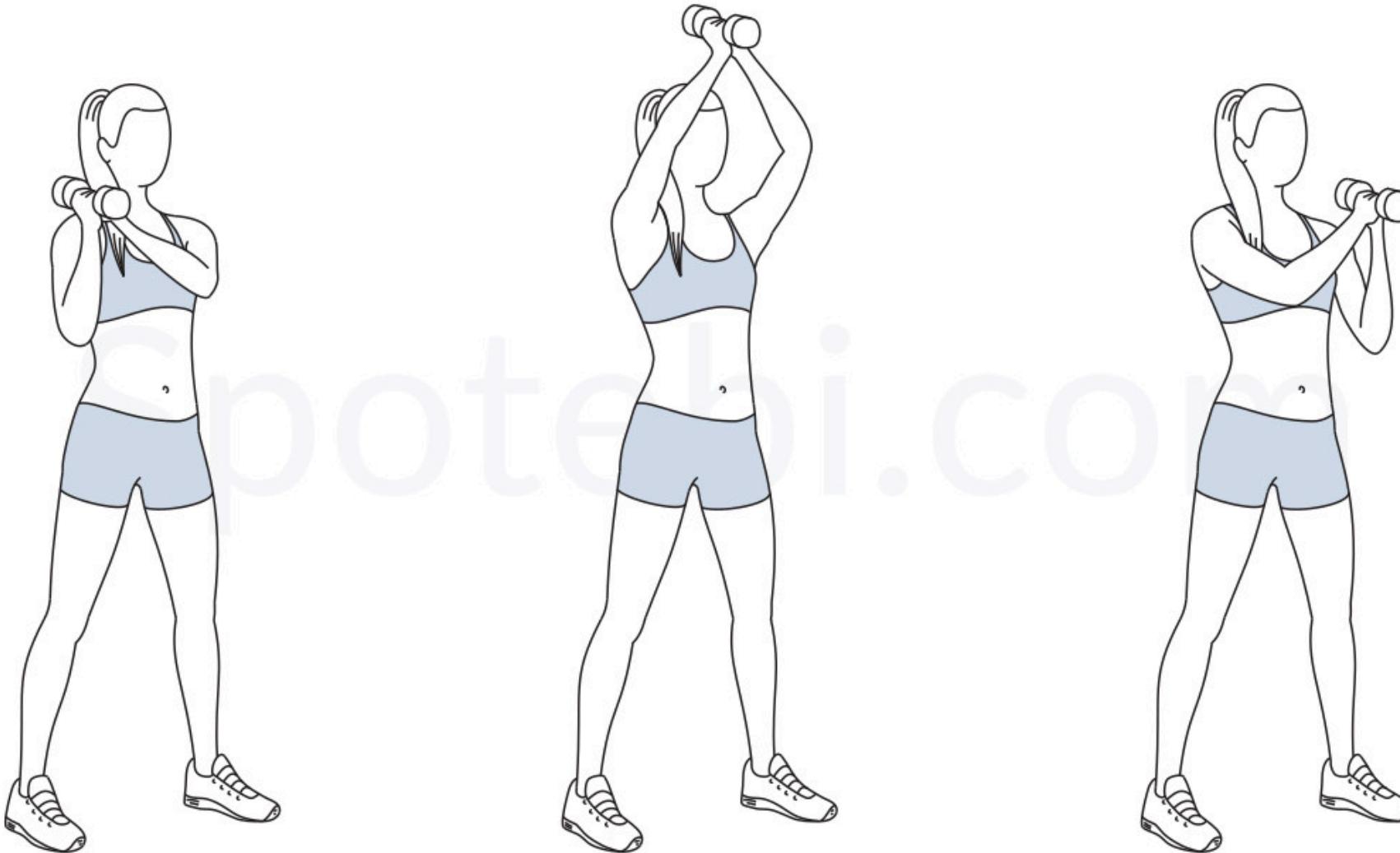
Shoulder Squeeze Reverse Lunges



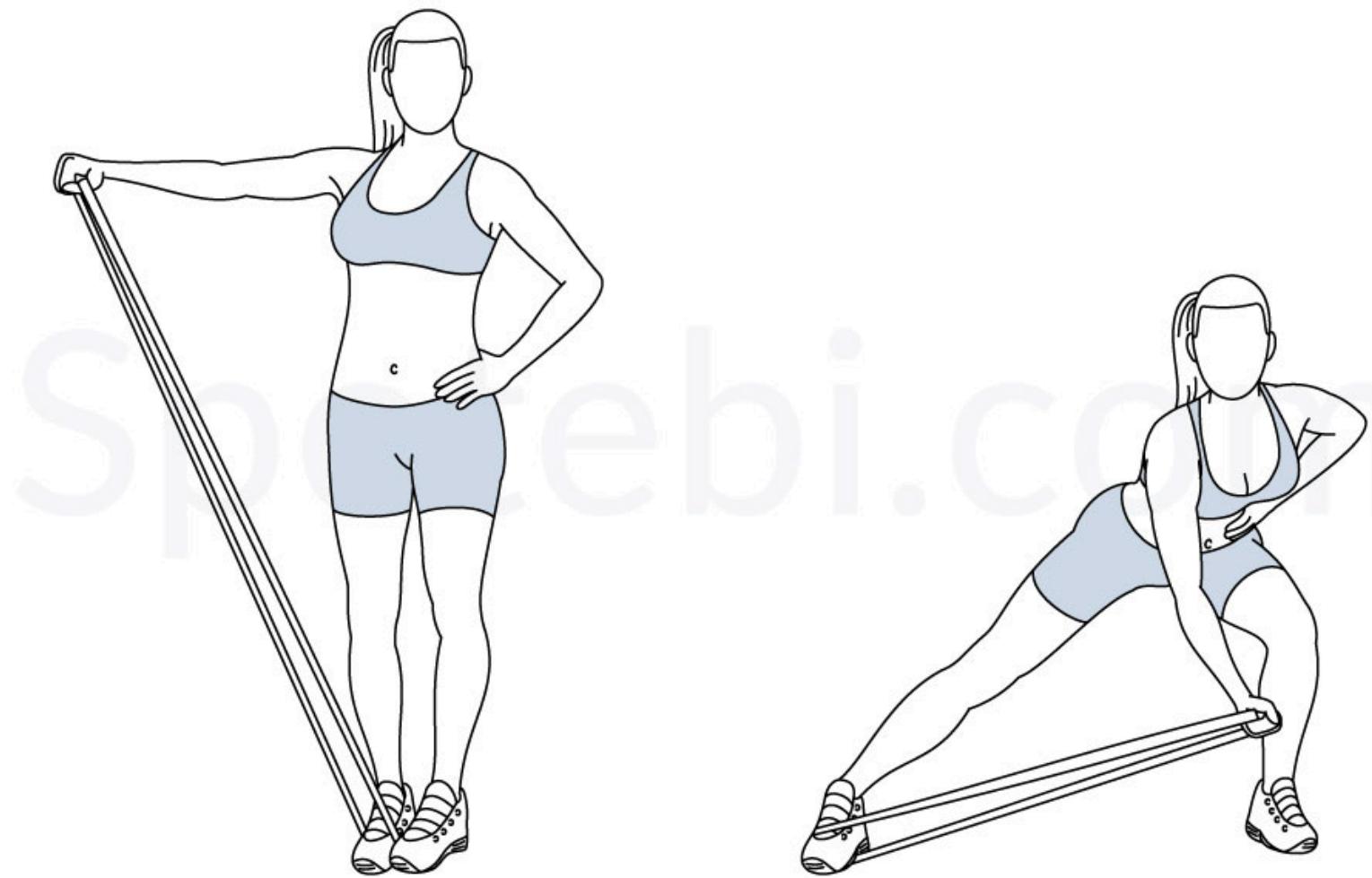
Shoulder Stretch



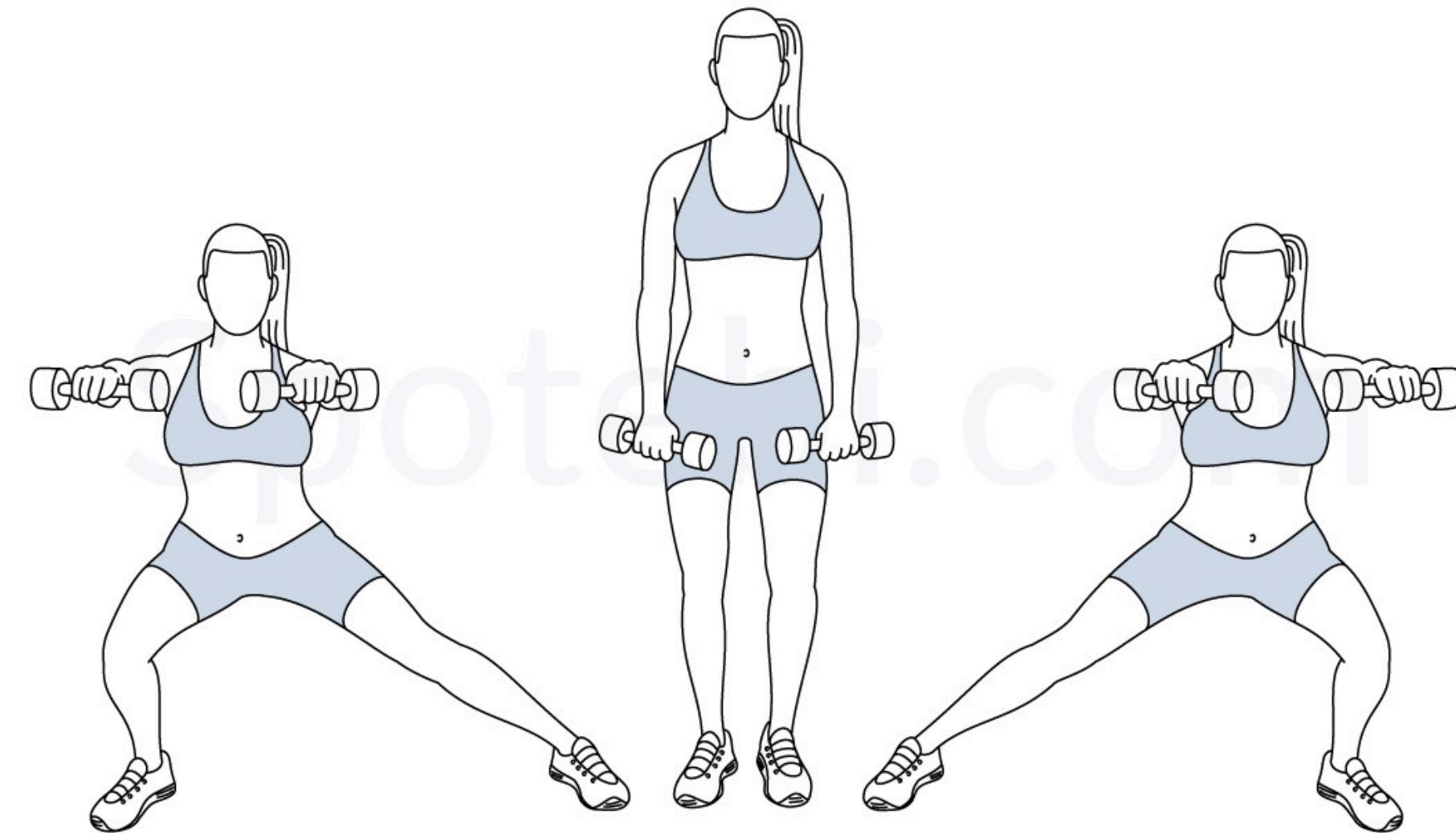
Dumbbell Shoulder To Shoulder Press



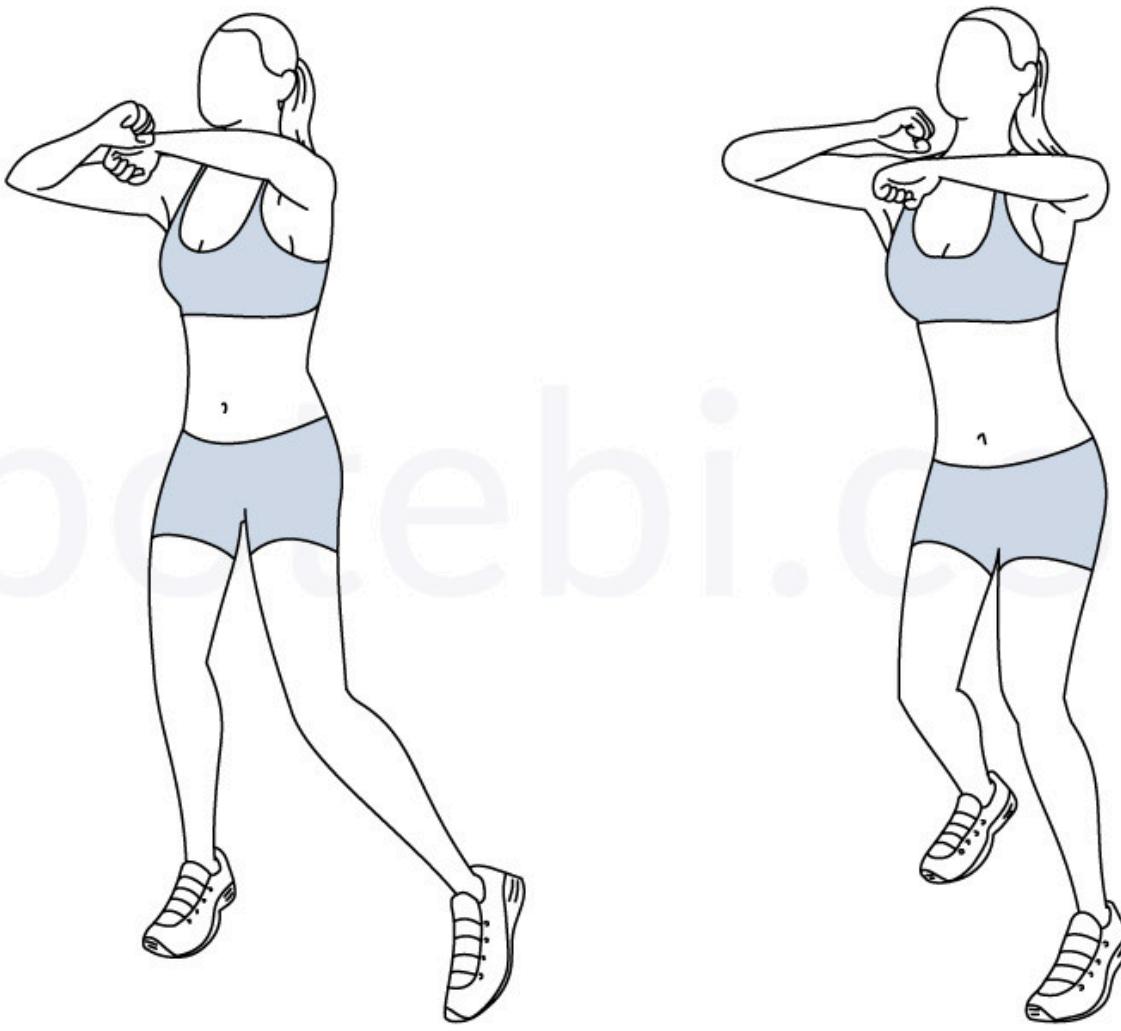
Side Lunge Band Lateral Raise



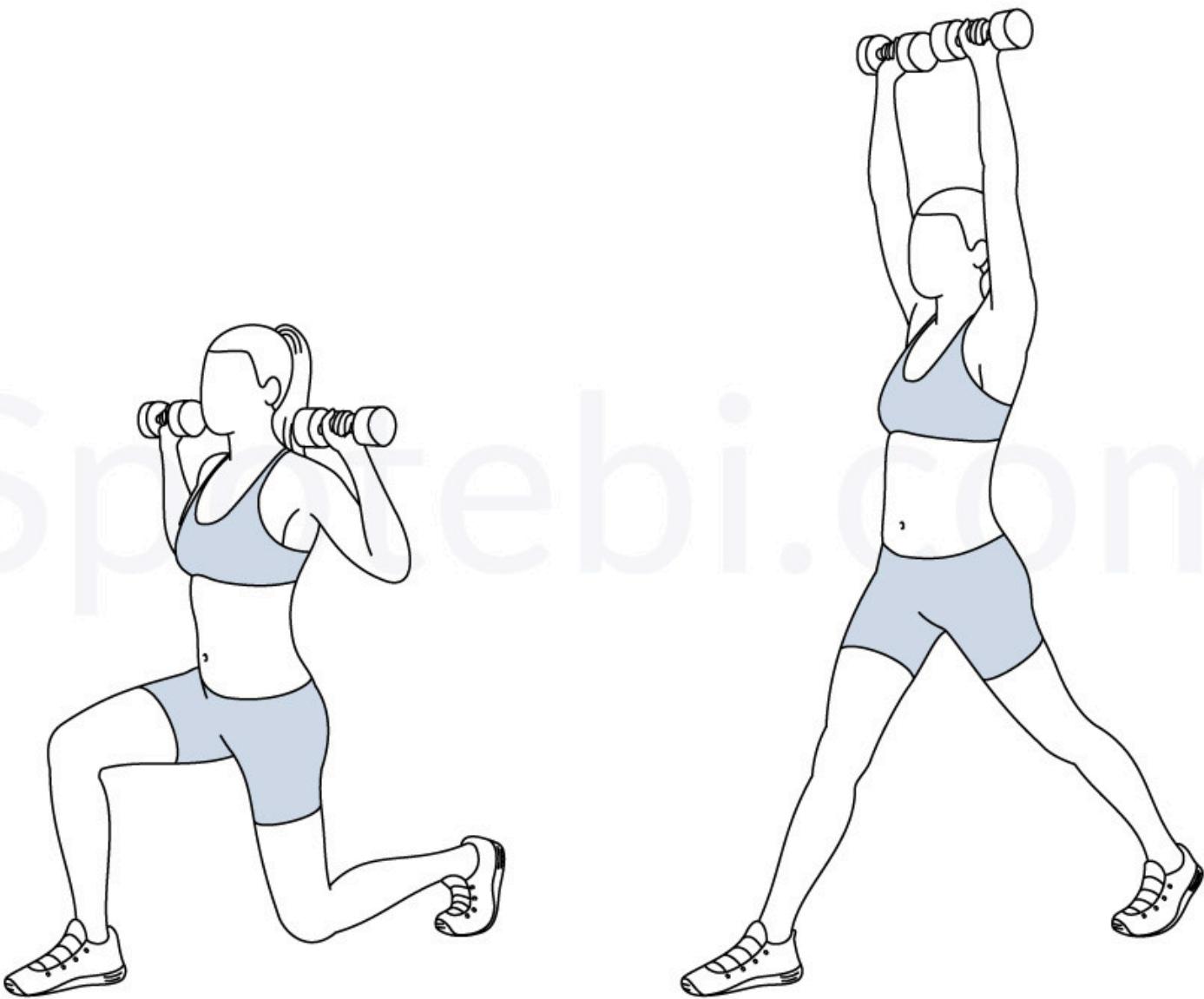
Side Lunge Front Raise



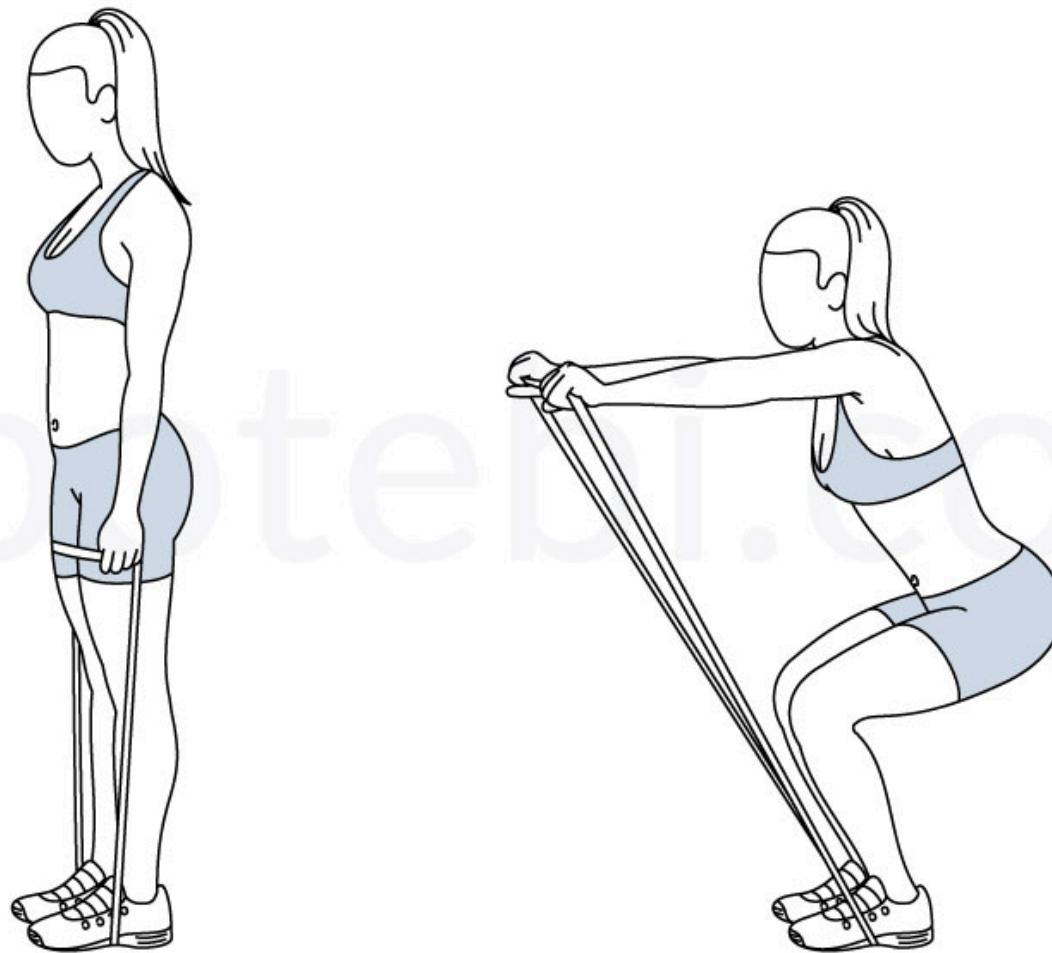
Speed Bag Punches



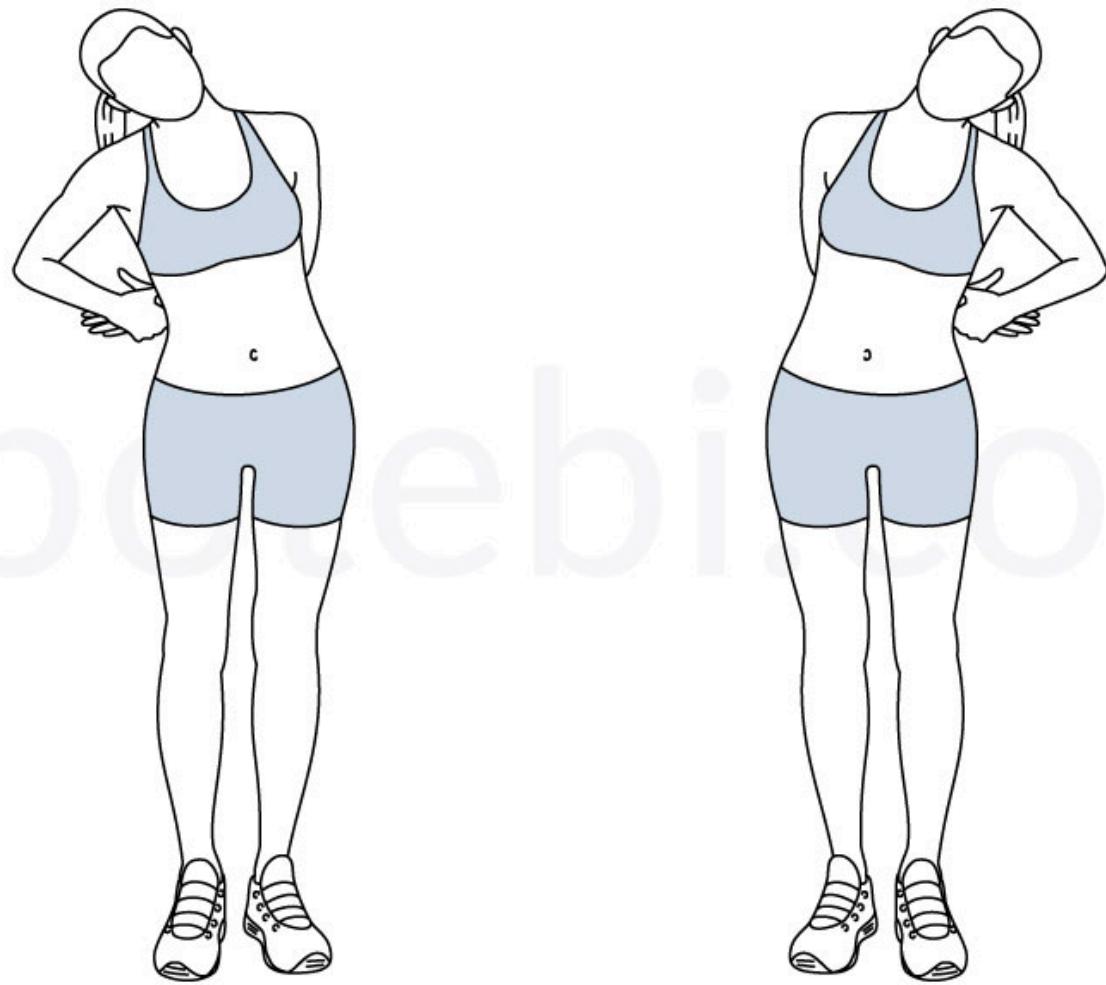
Split Squat Press



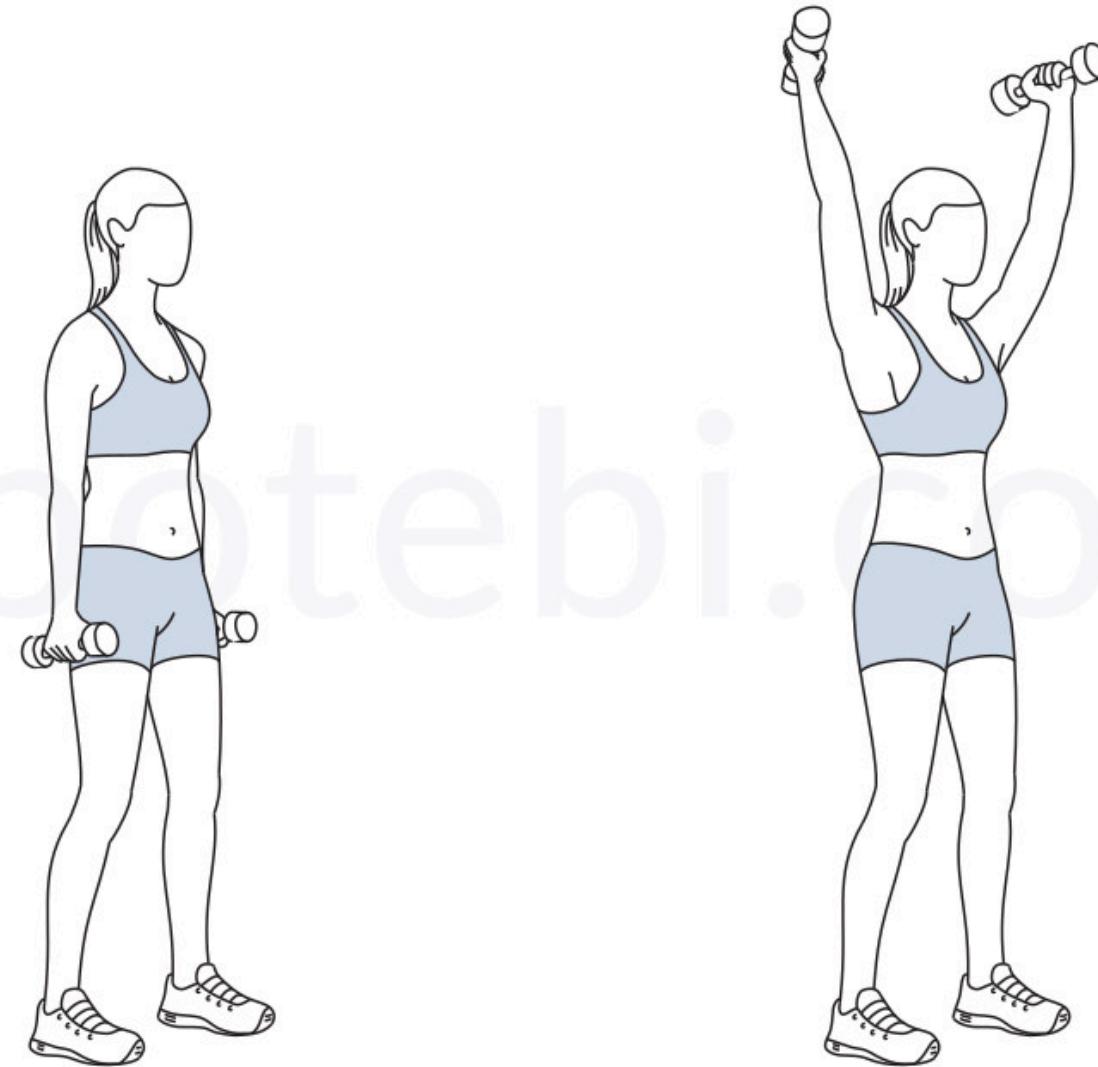
Squat Band Front Raise



Standing Neck Stretch

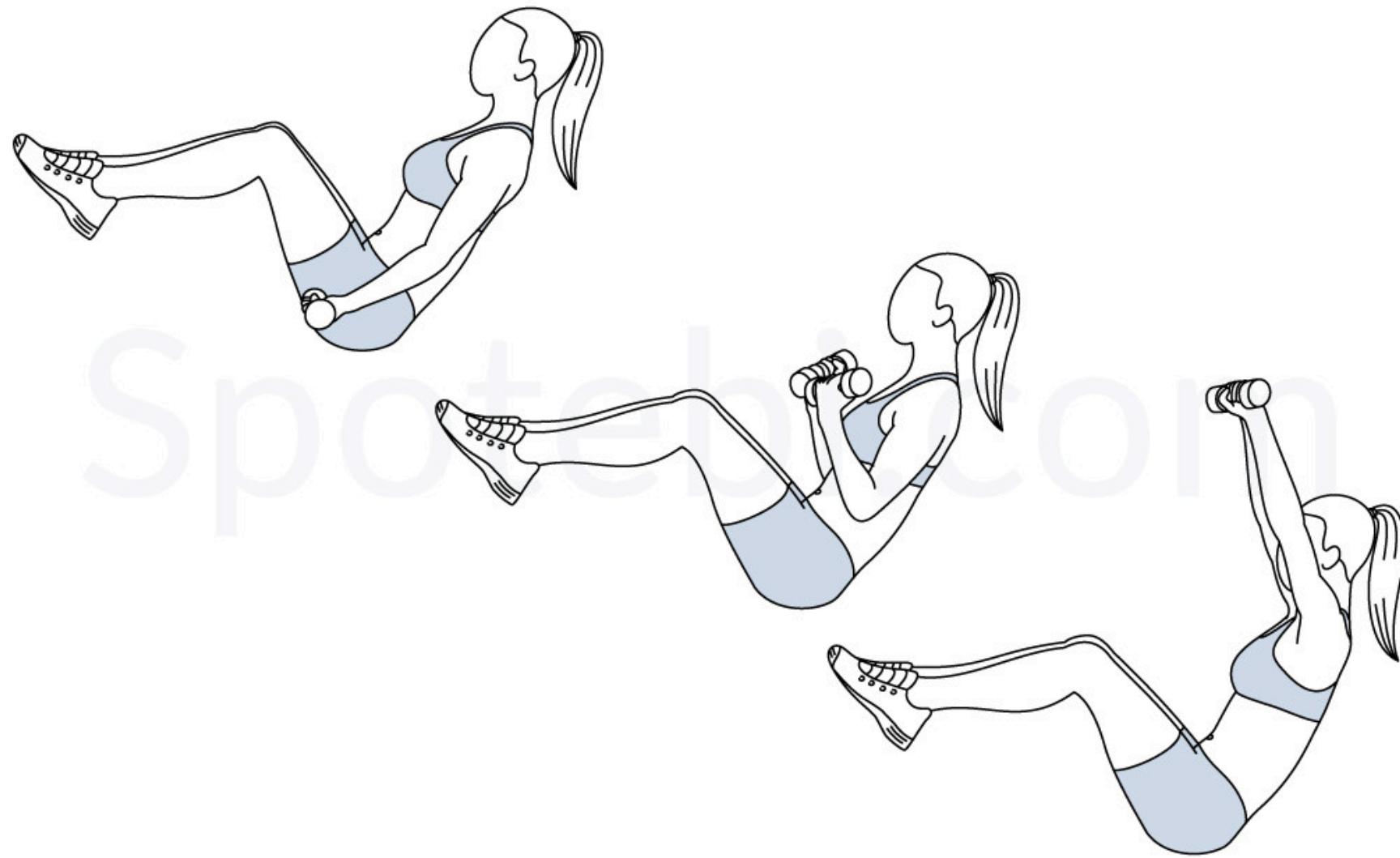


Standing Y Raise

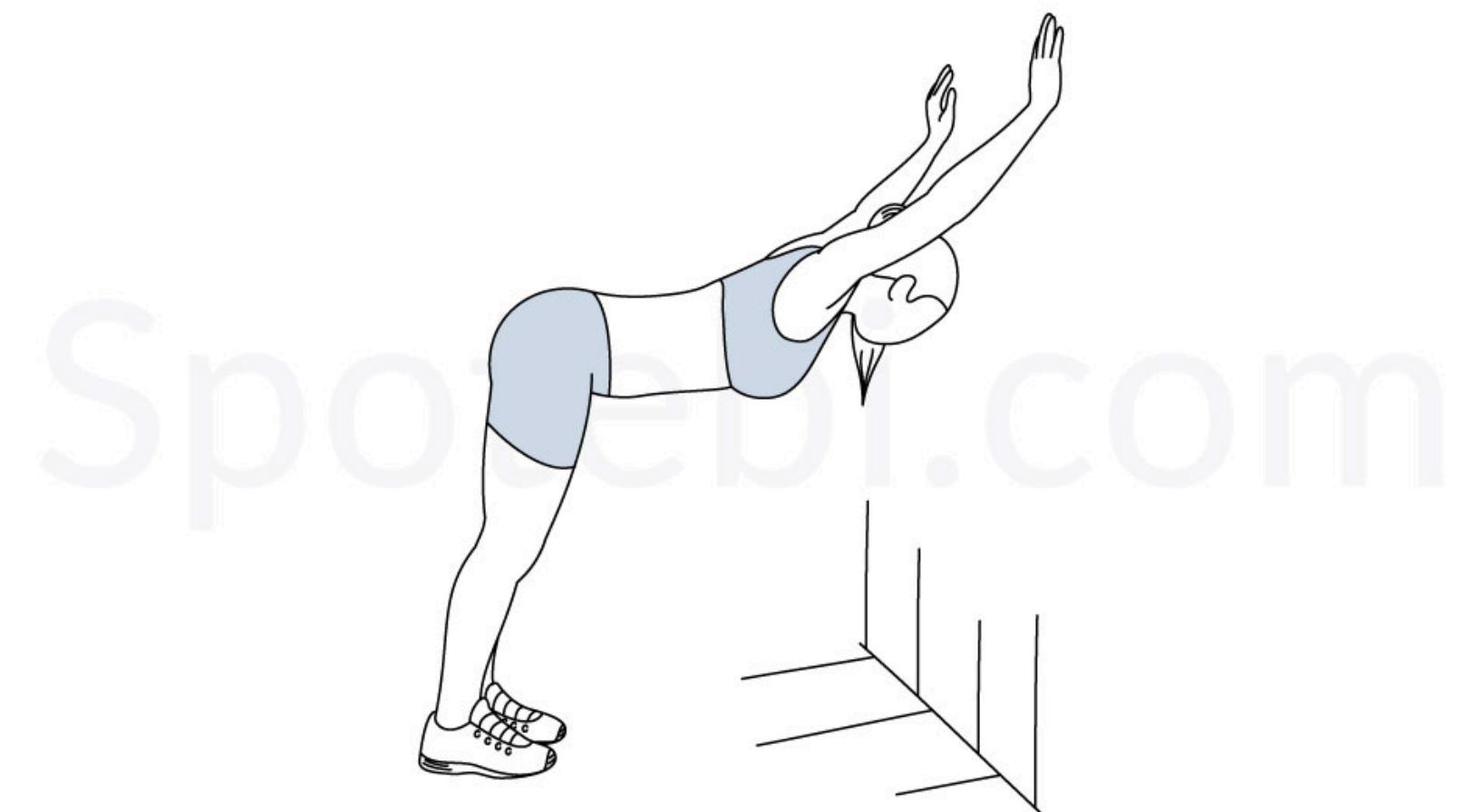


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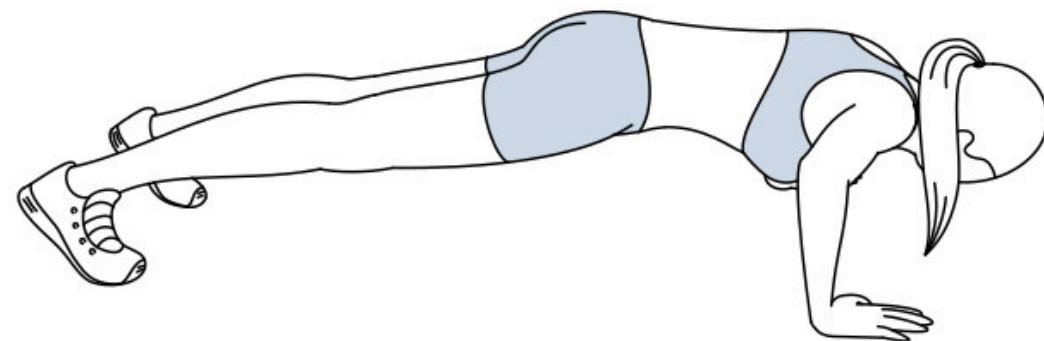
V Sit Curl Press



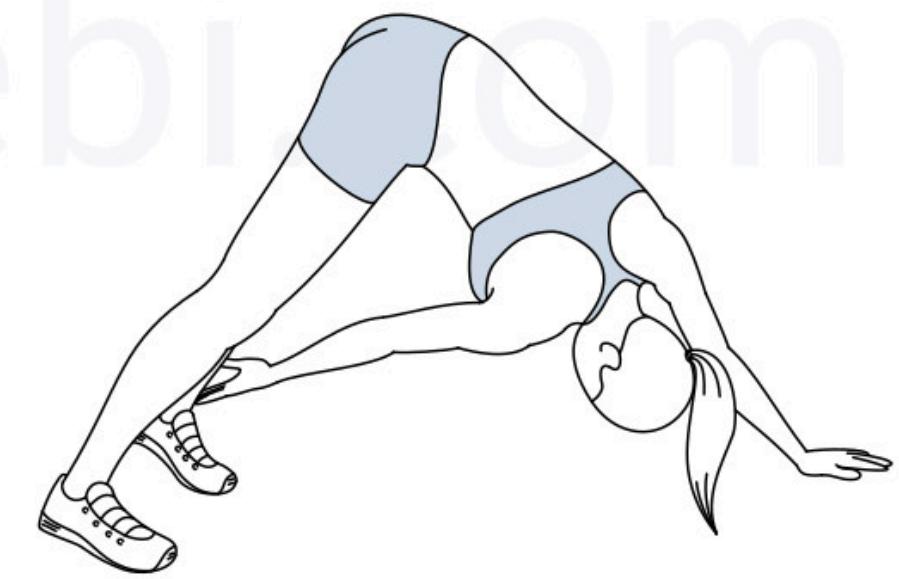
Wall Shoulder Stretch



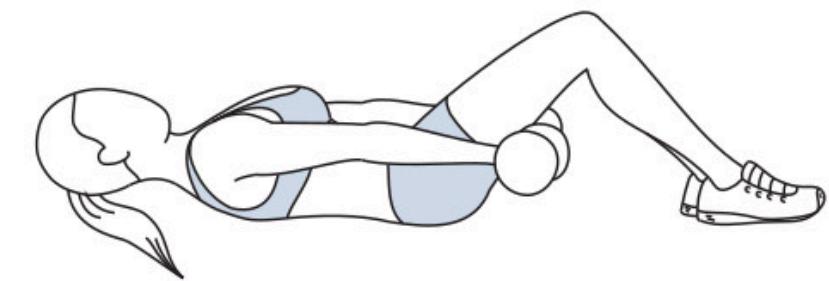
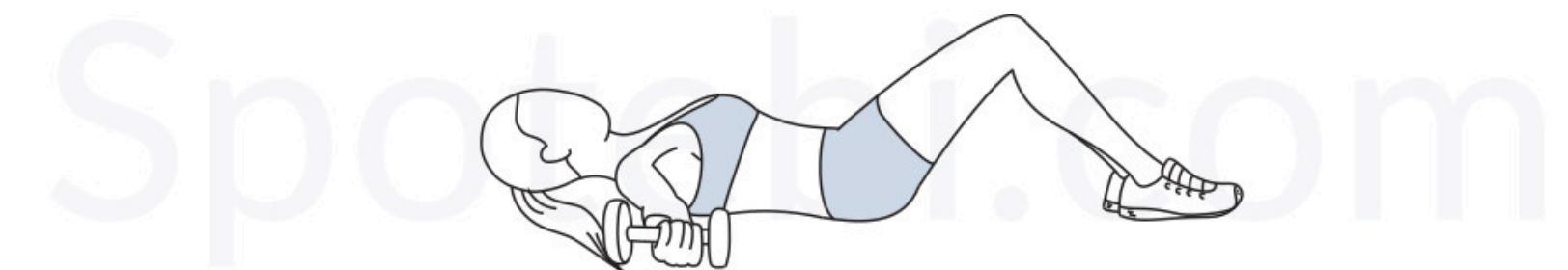
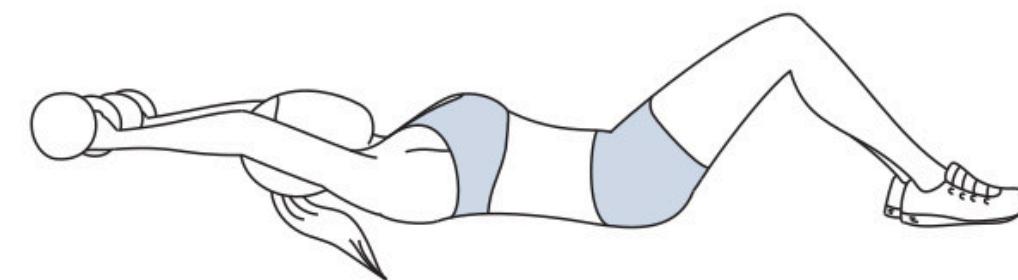
Ankle Tap Push ups



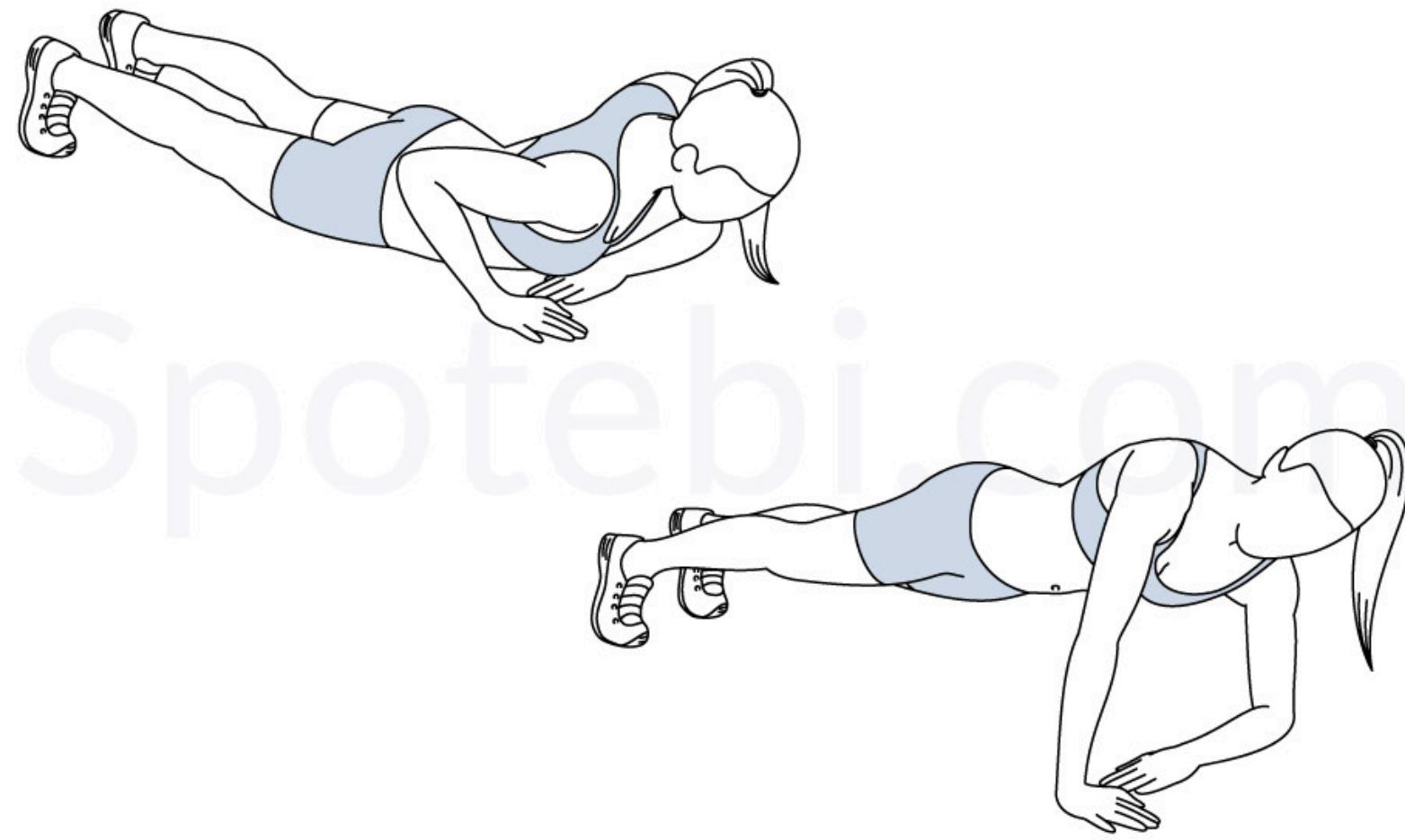
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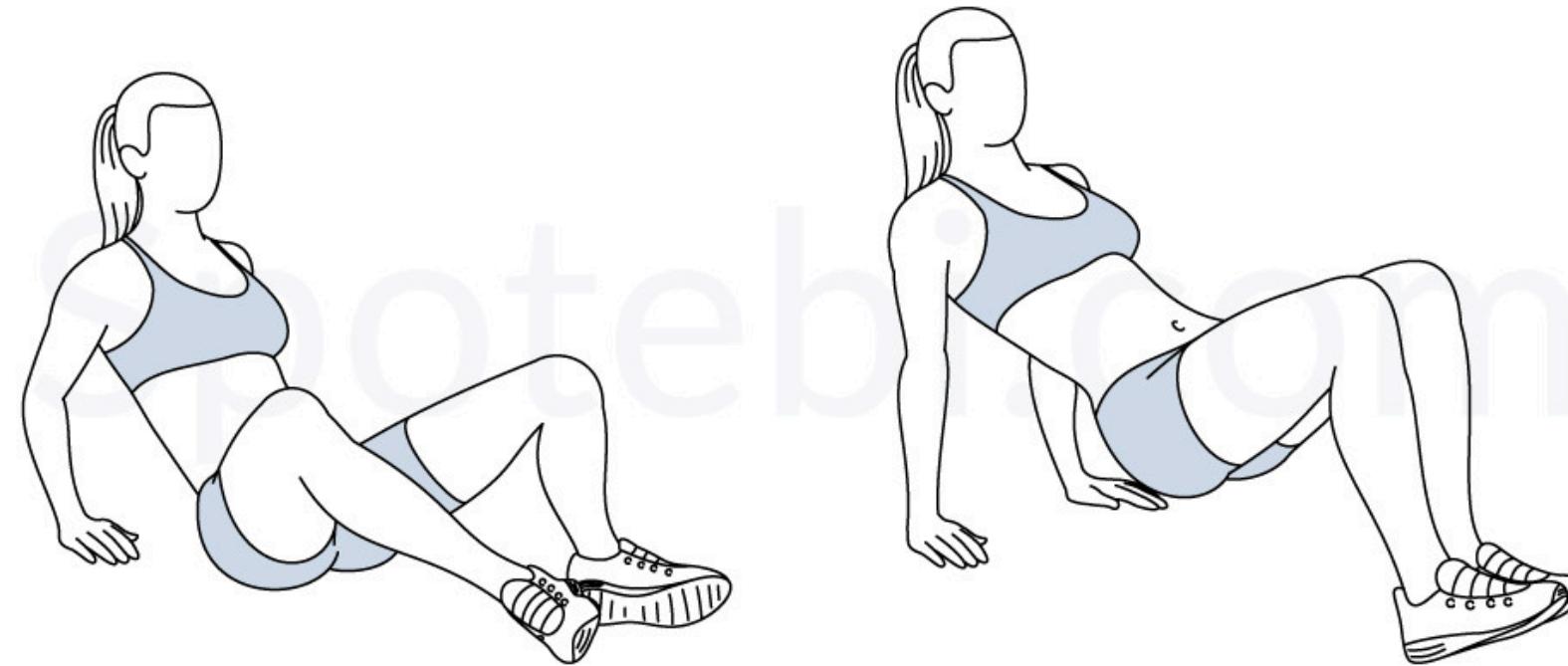
Around the Worlds



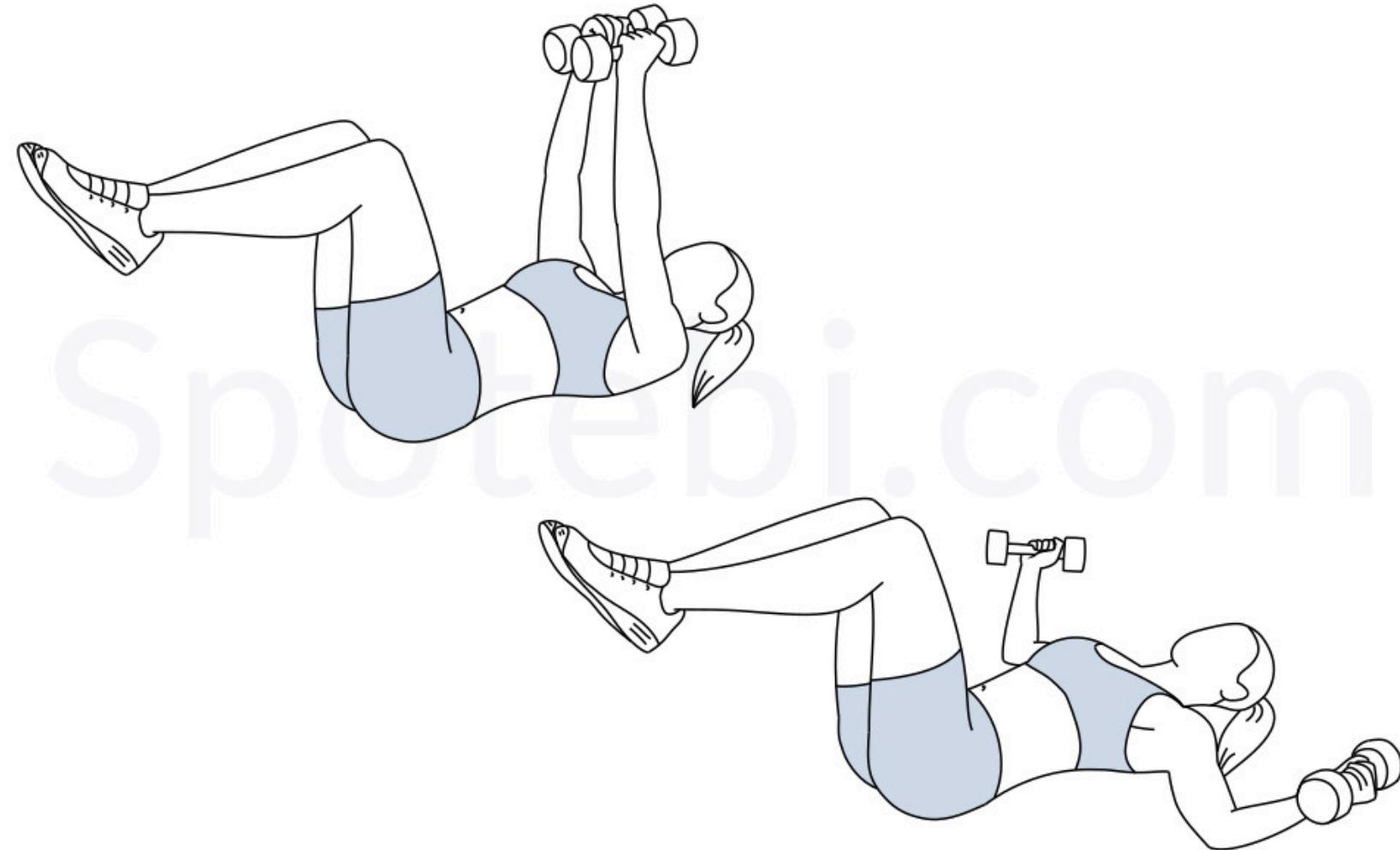
Asymmetrical Push up



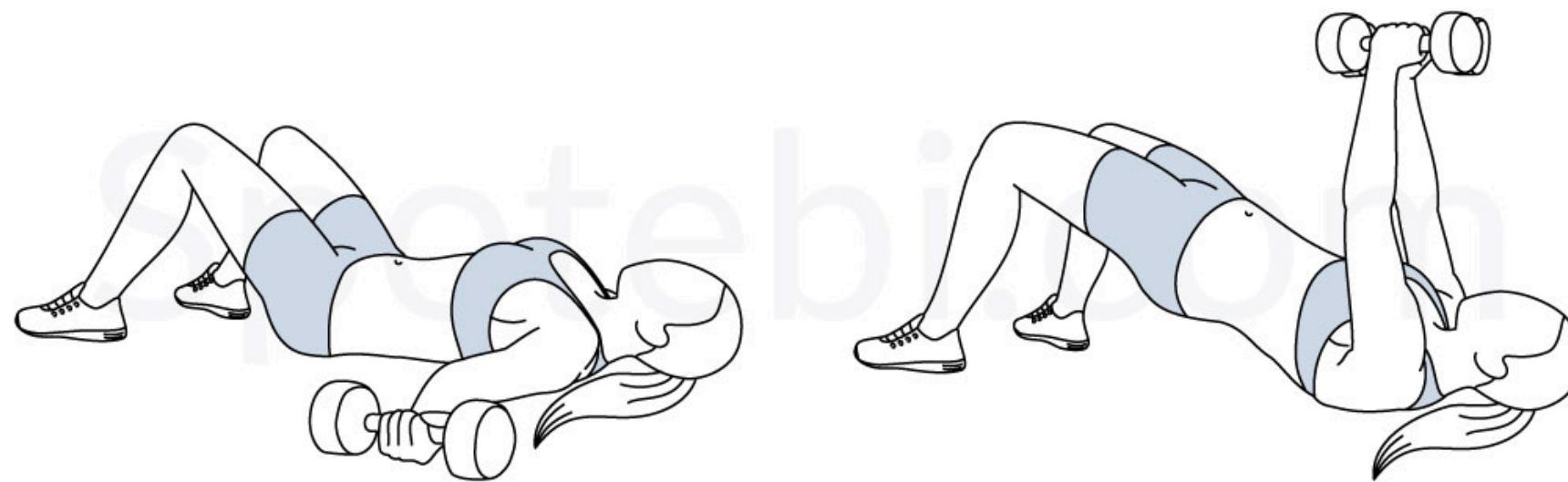
Butterfly Dips



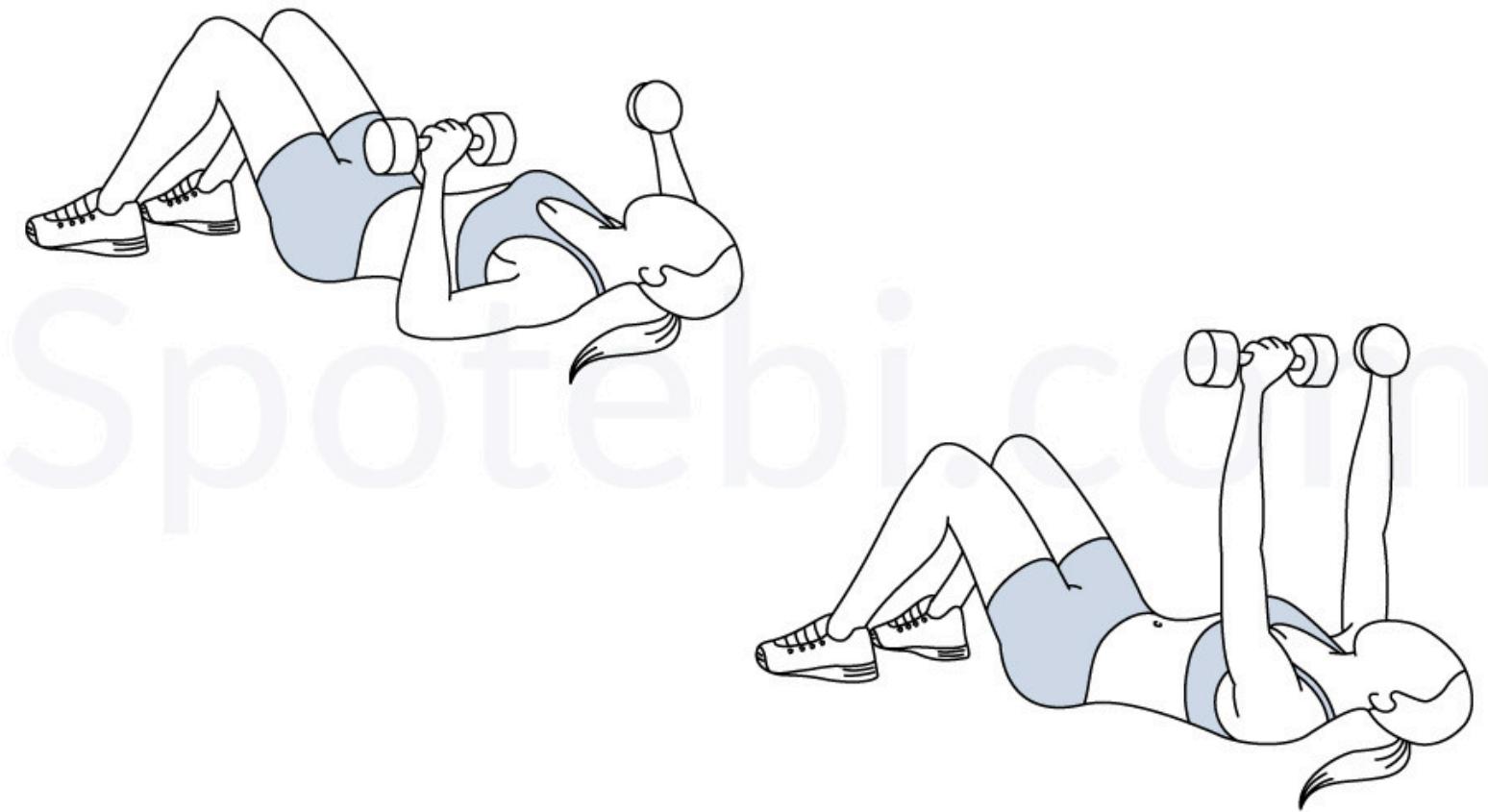
Chest Fly



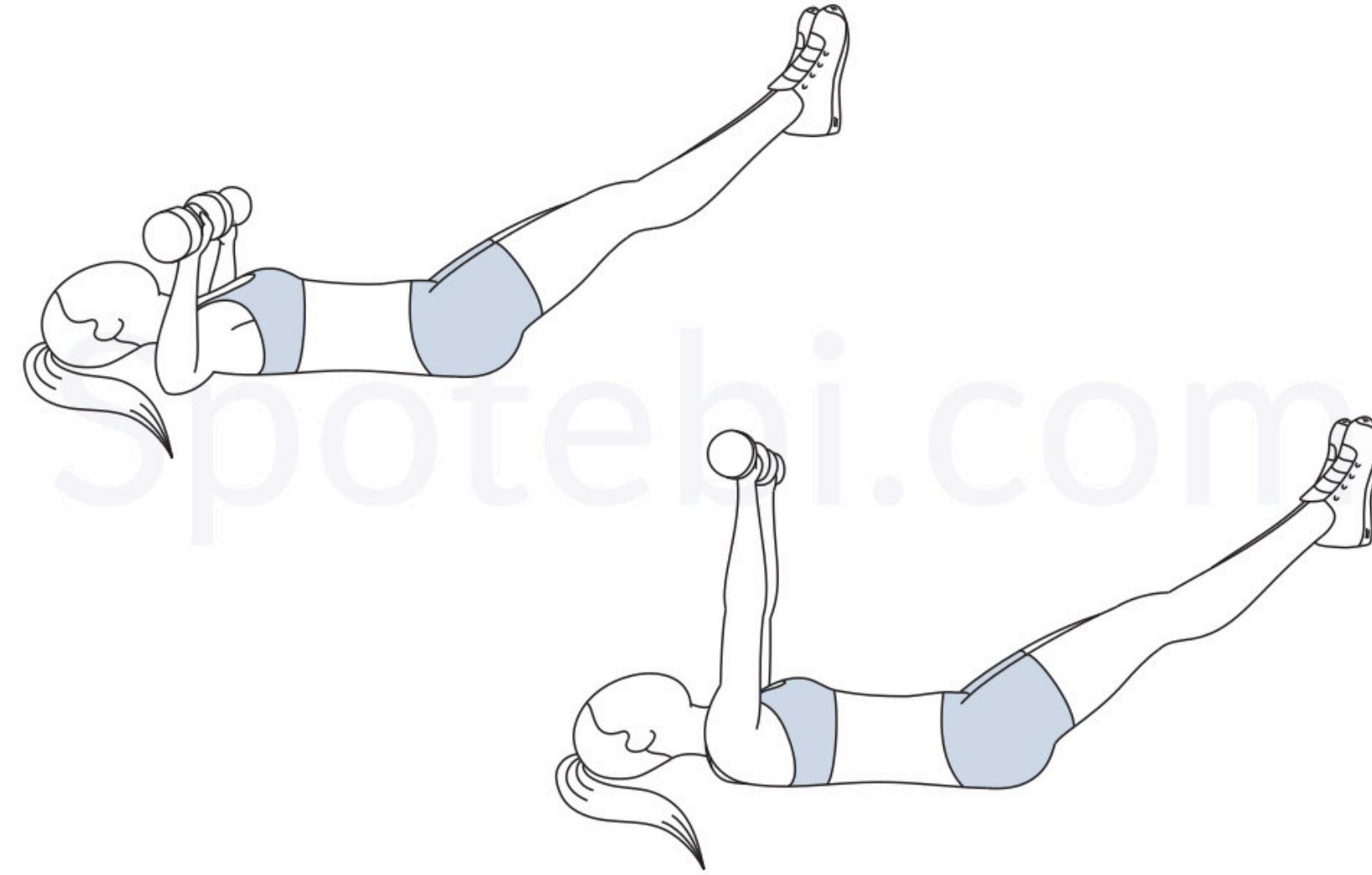
Chest Fly GLute Bridge



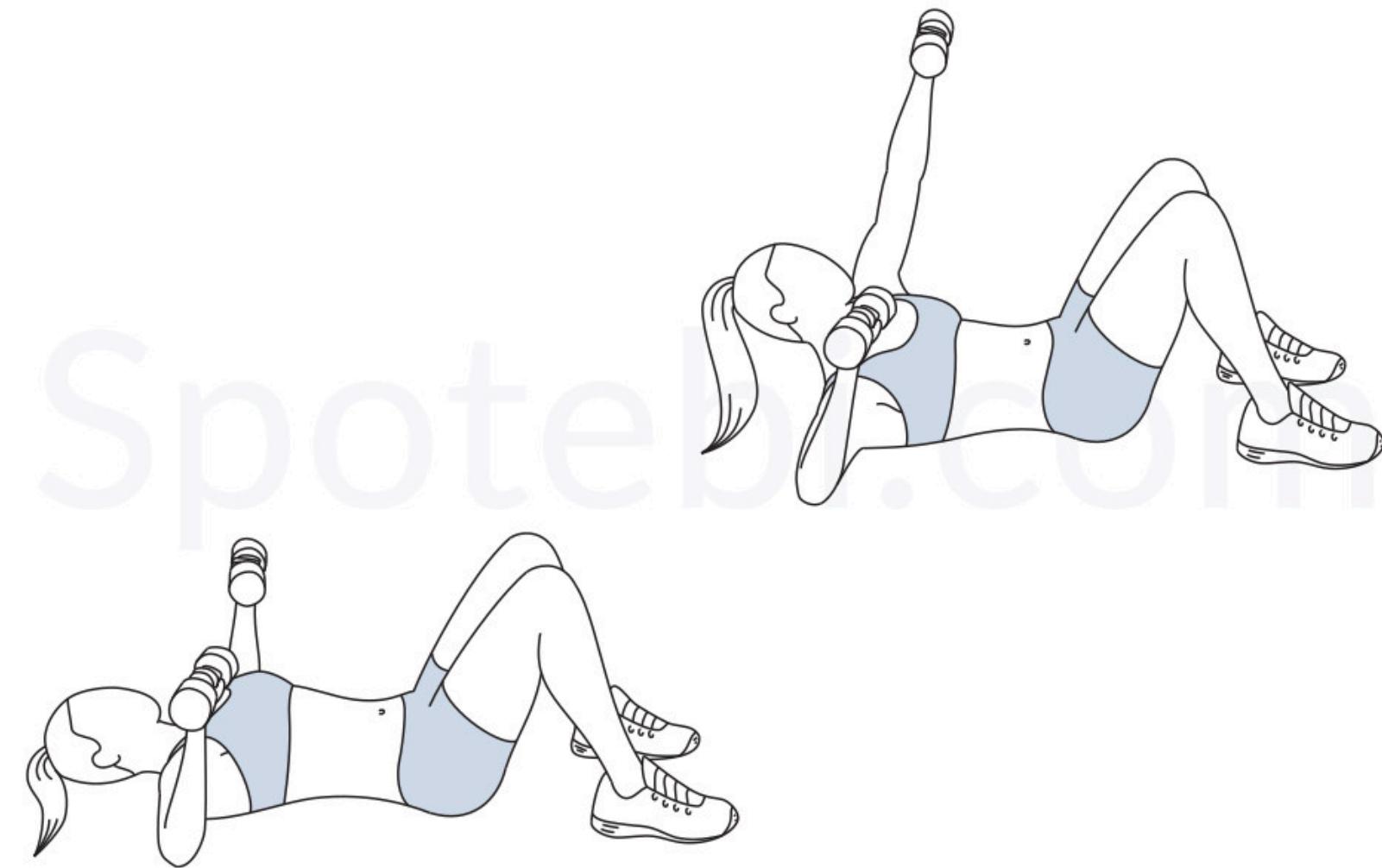
Dumbbell Chest Press



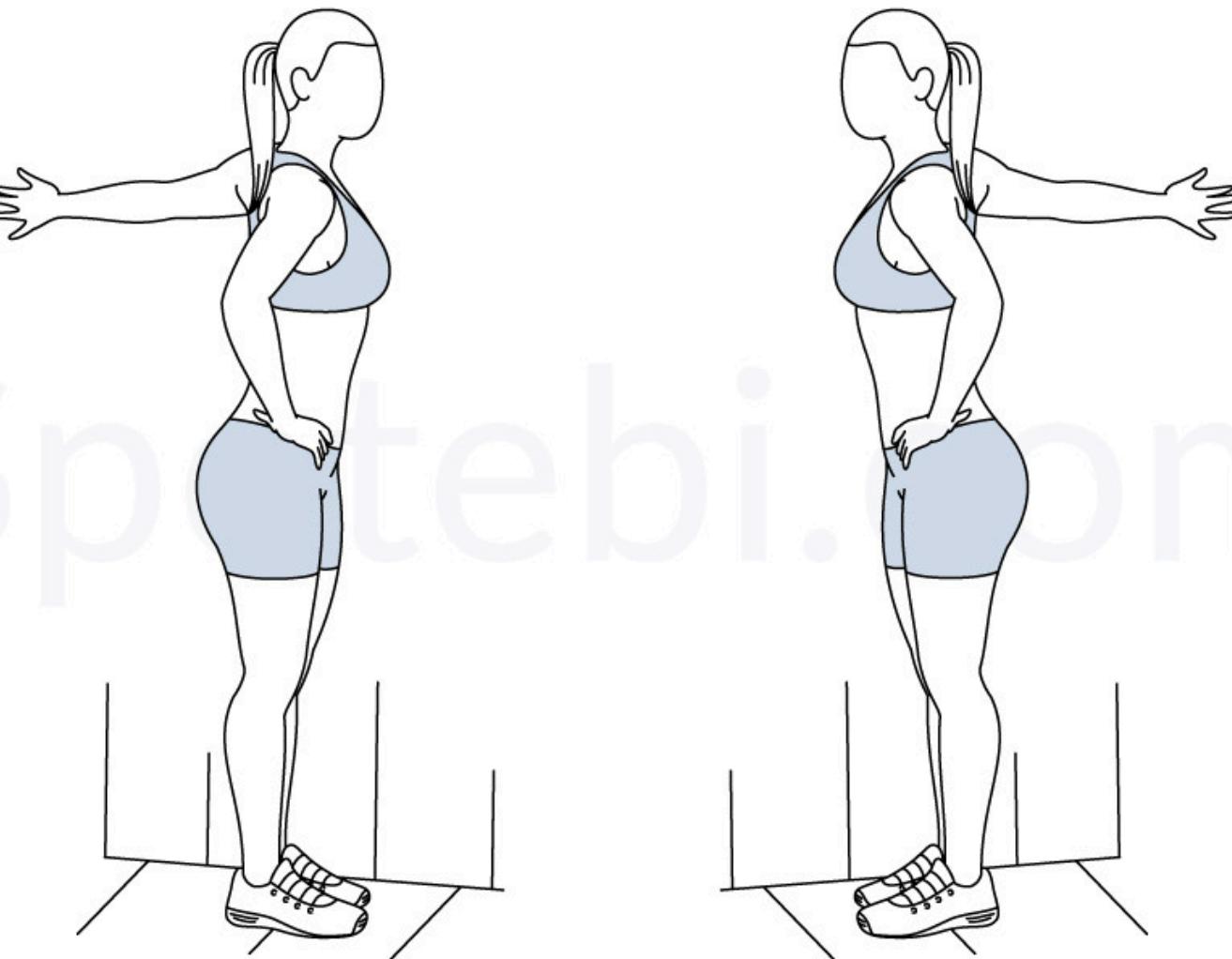
Chest Press Legs Extended



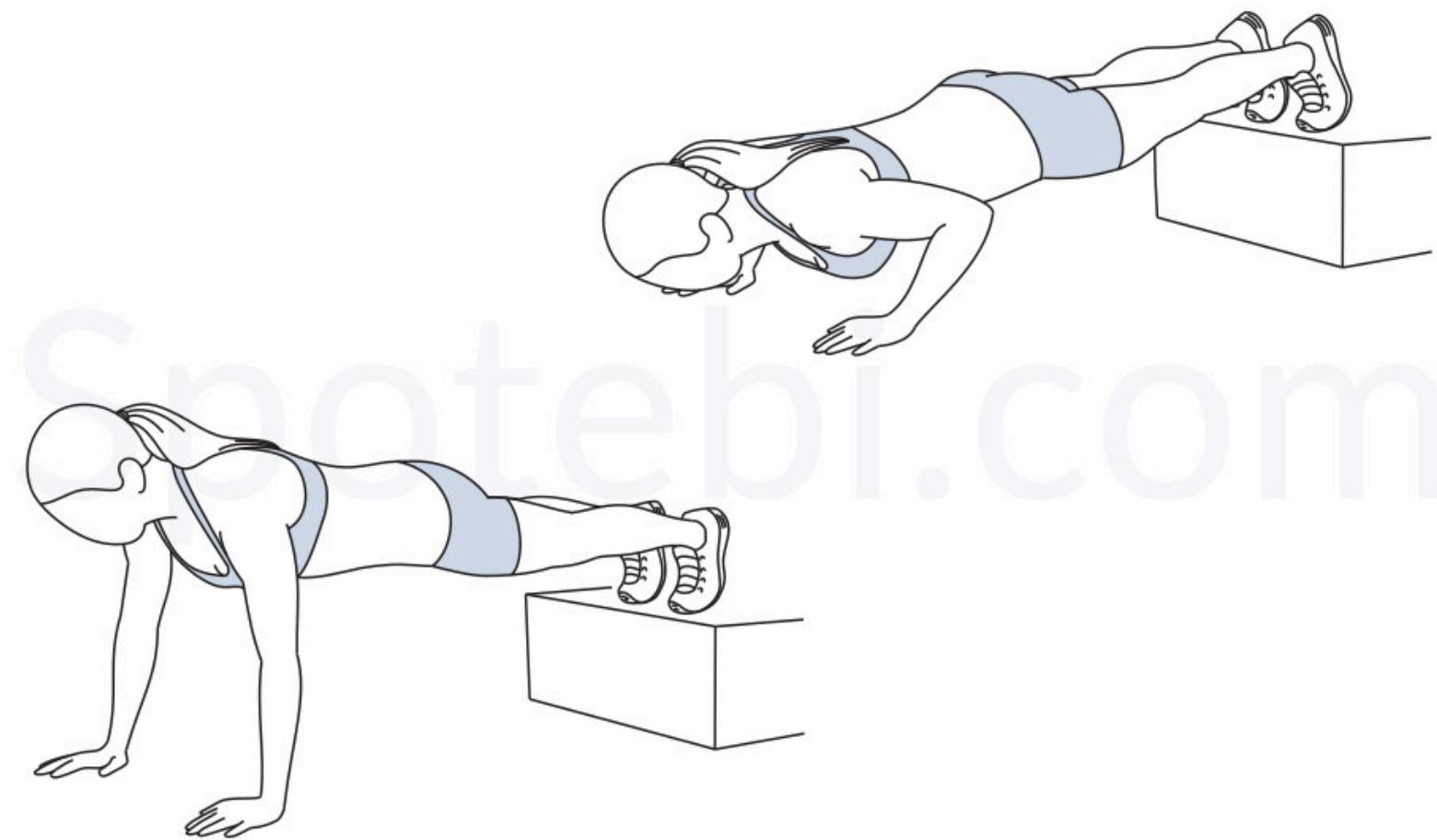
Chest Press Punch Up



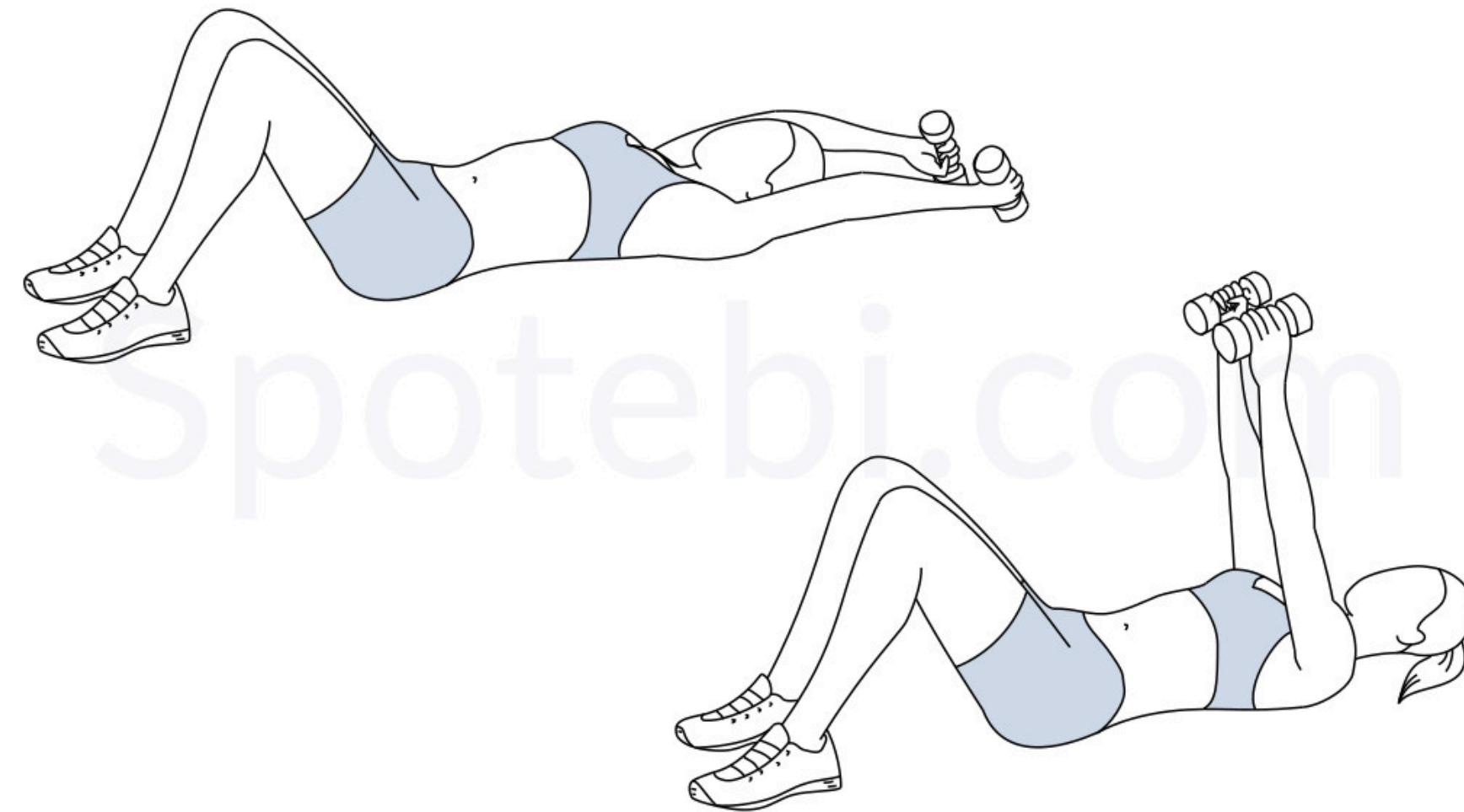
Chest Stretch



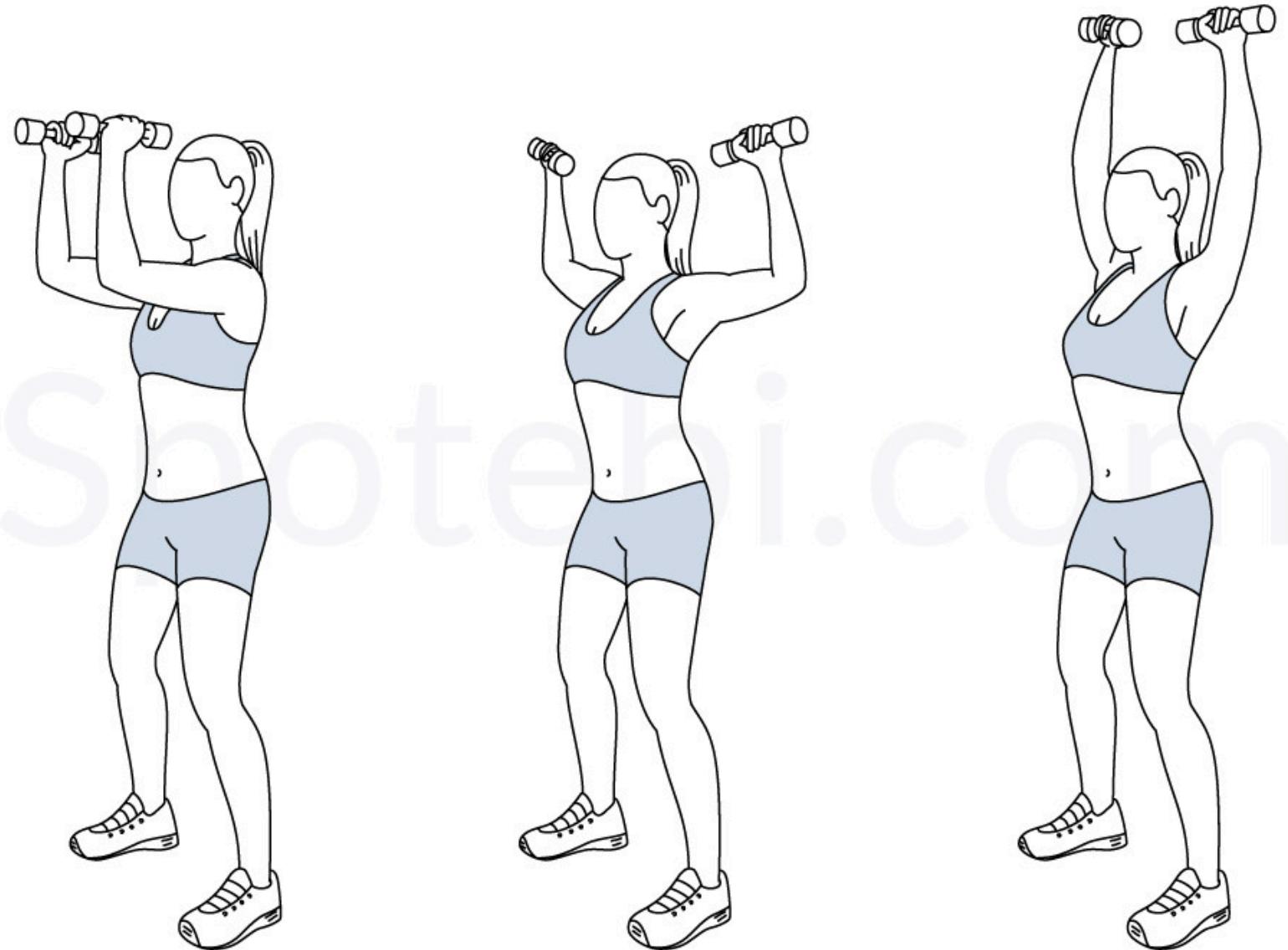
Decline Push up



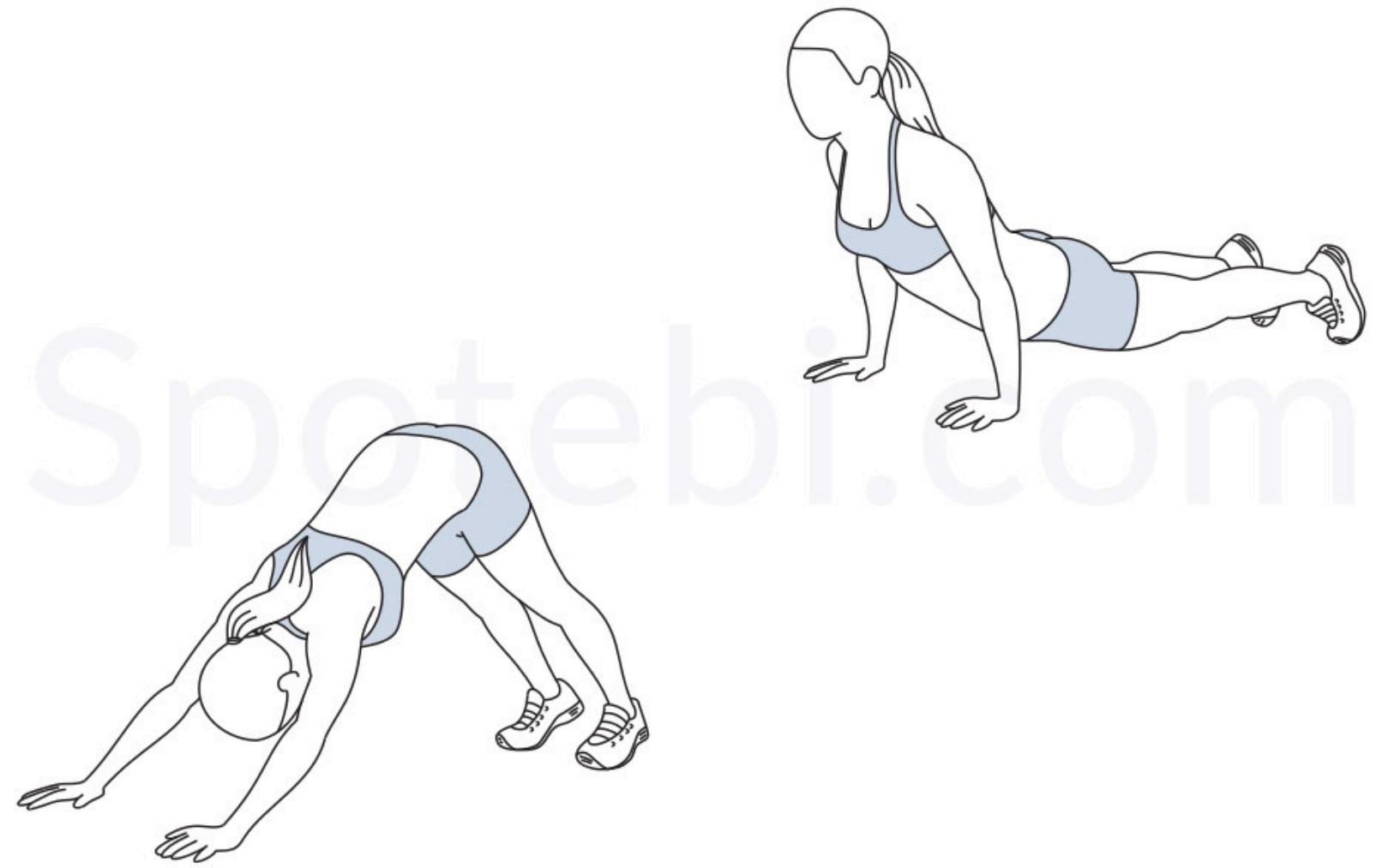
Dumbbell Pullover



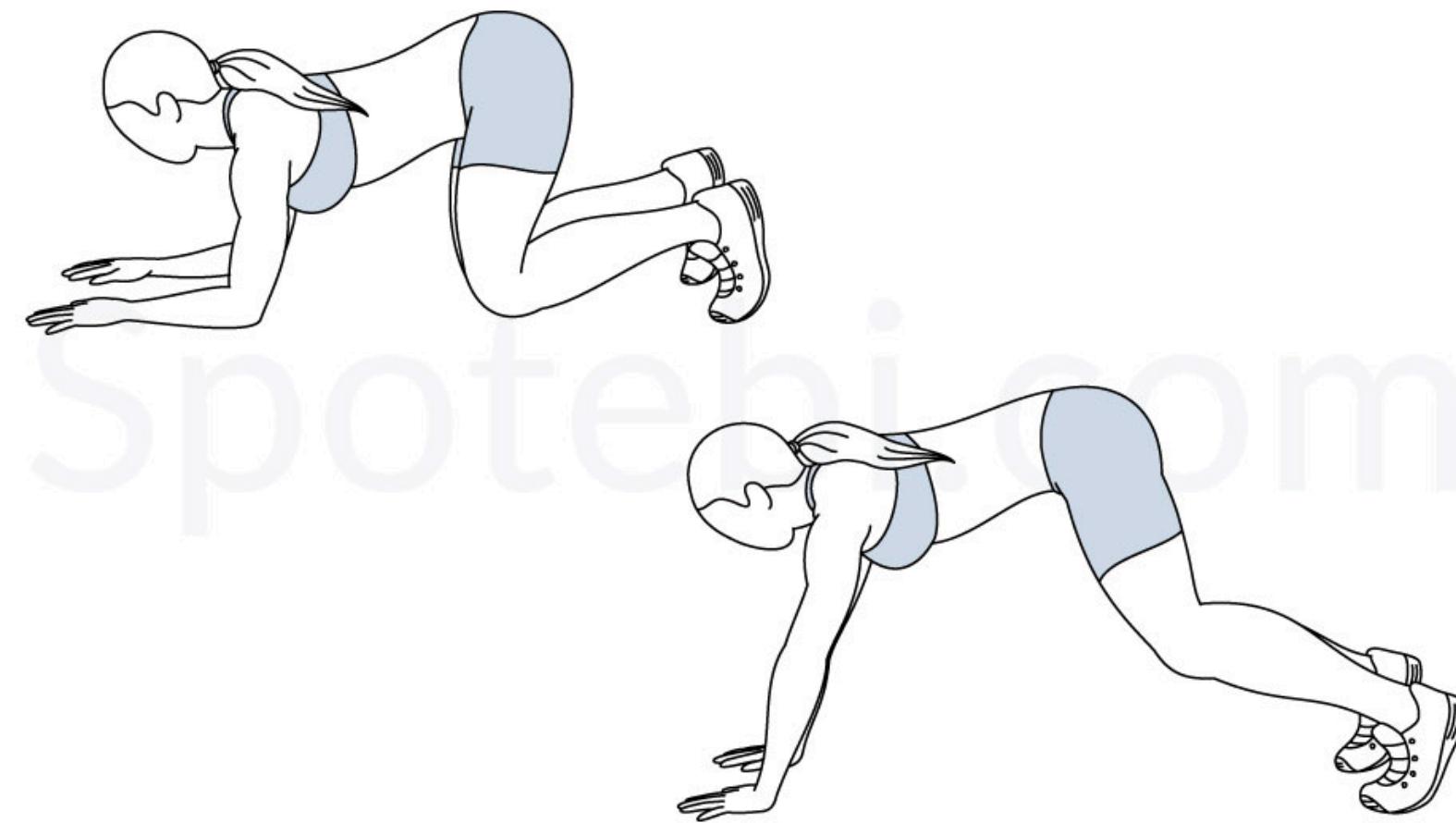
Elbow Squeeze Shoulder Press



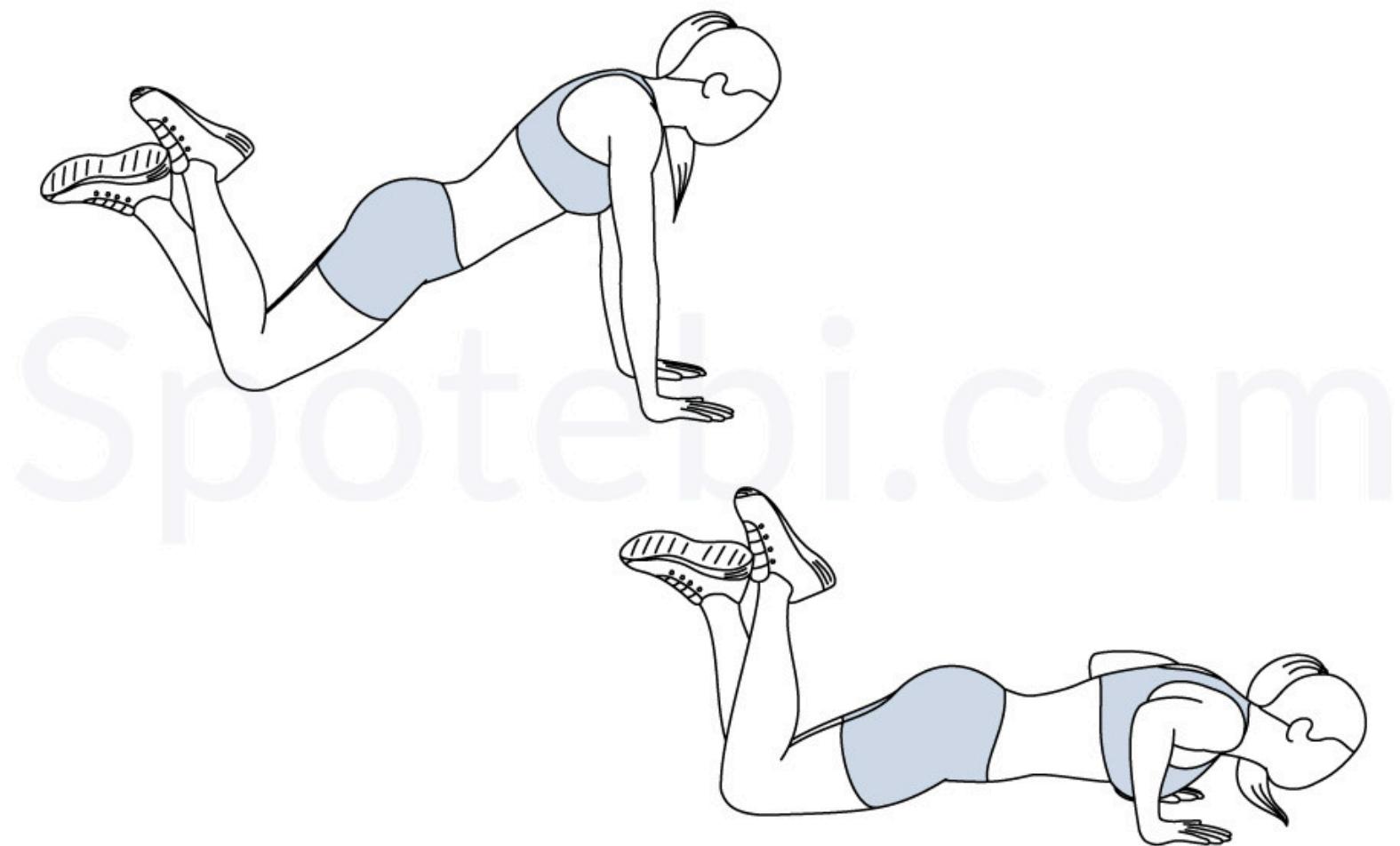
Hindu Push Ups



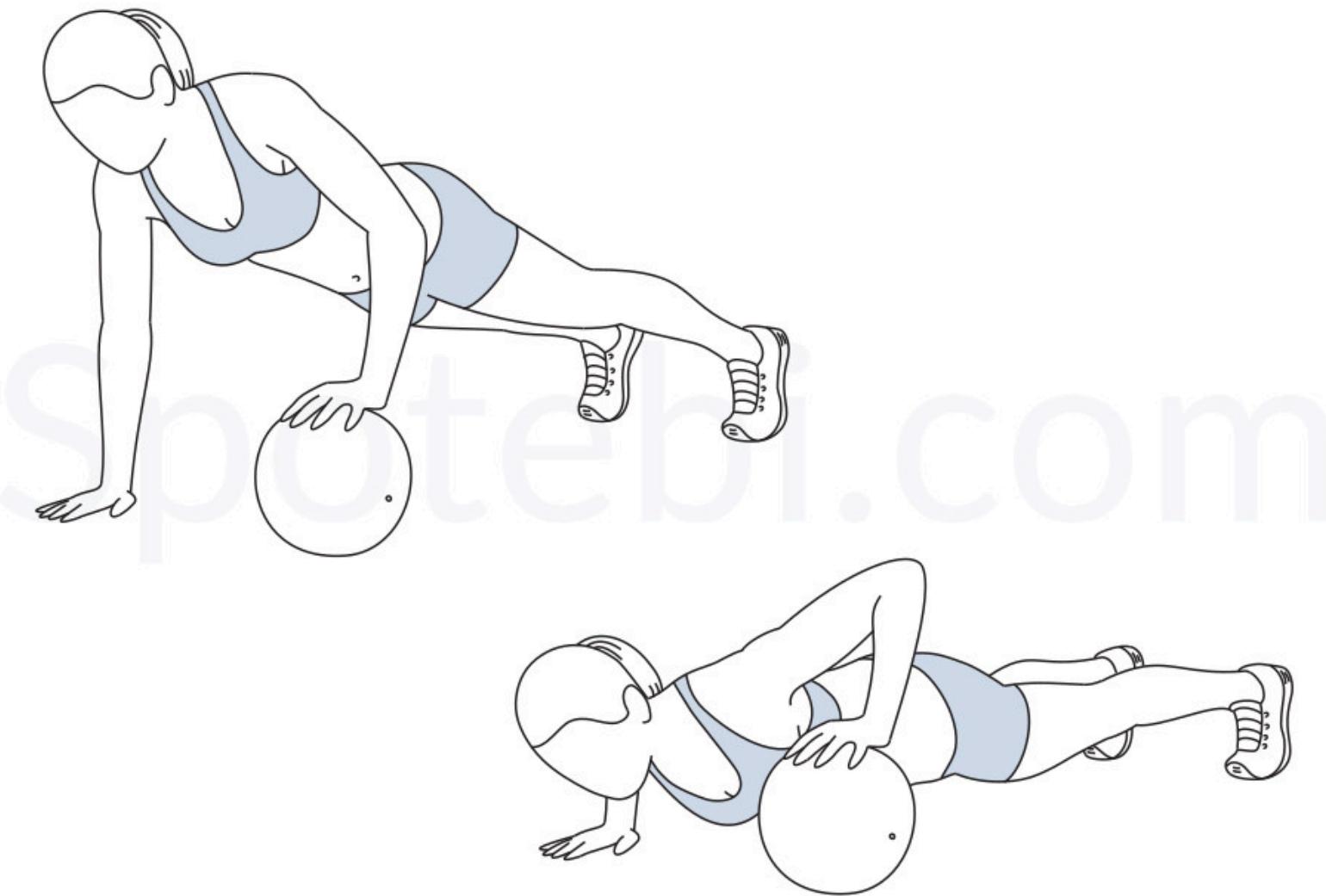
Knee and Elbow Press Up



Knee Push Up



Alternating Medicine Ball Push Up

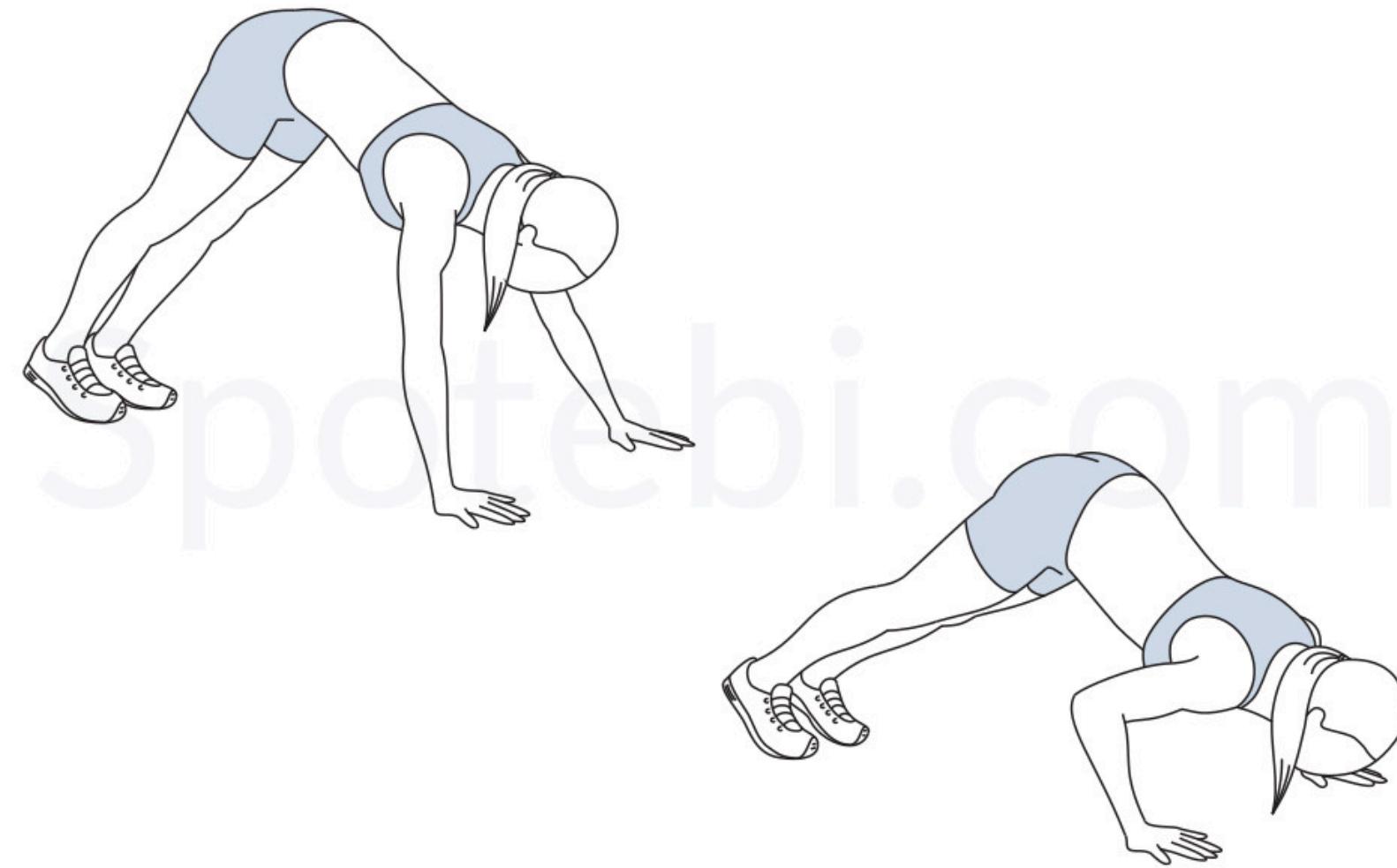


Open Arm Chest Stretch

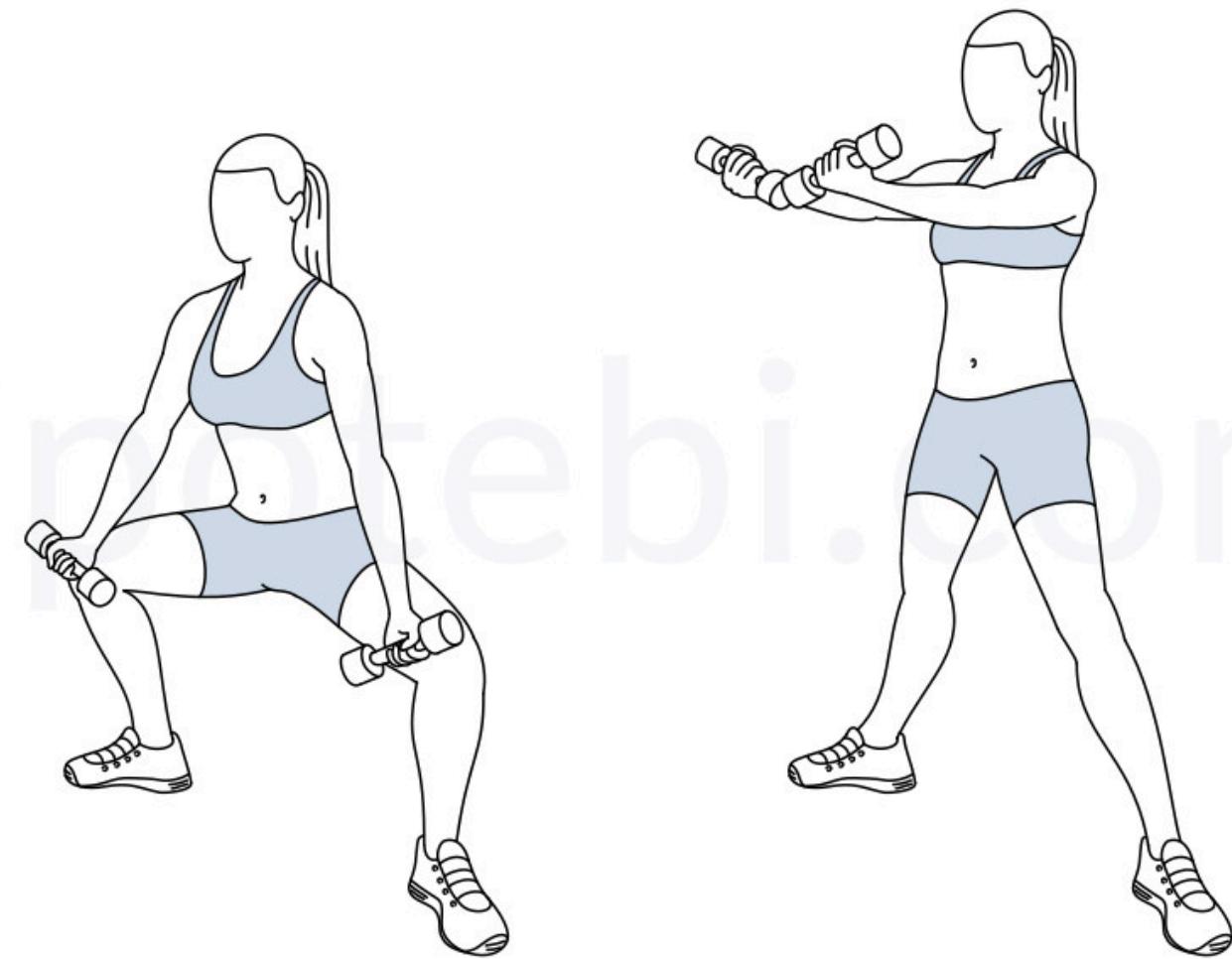


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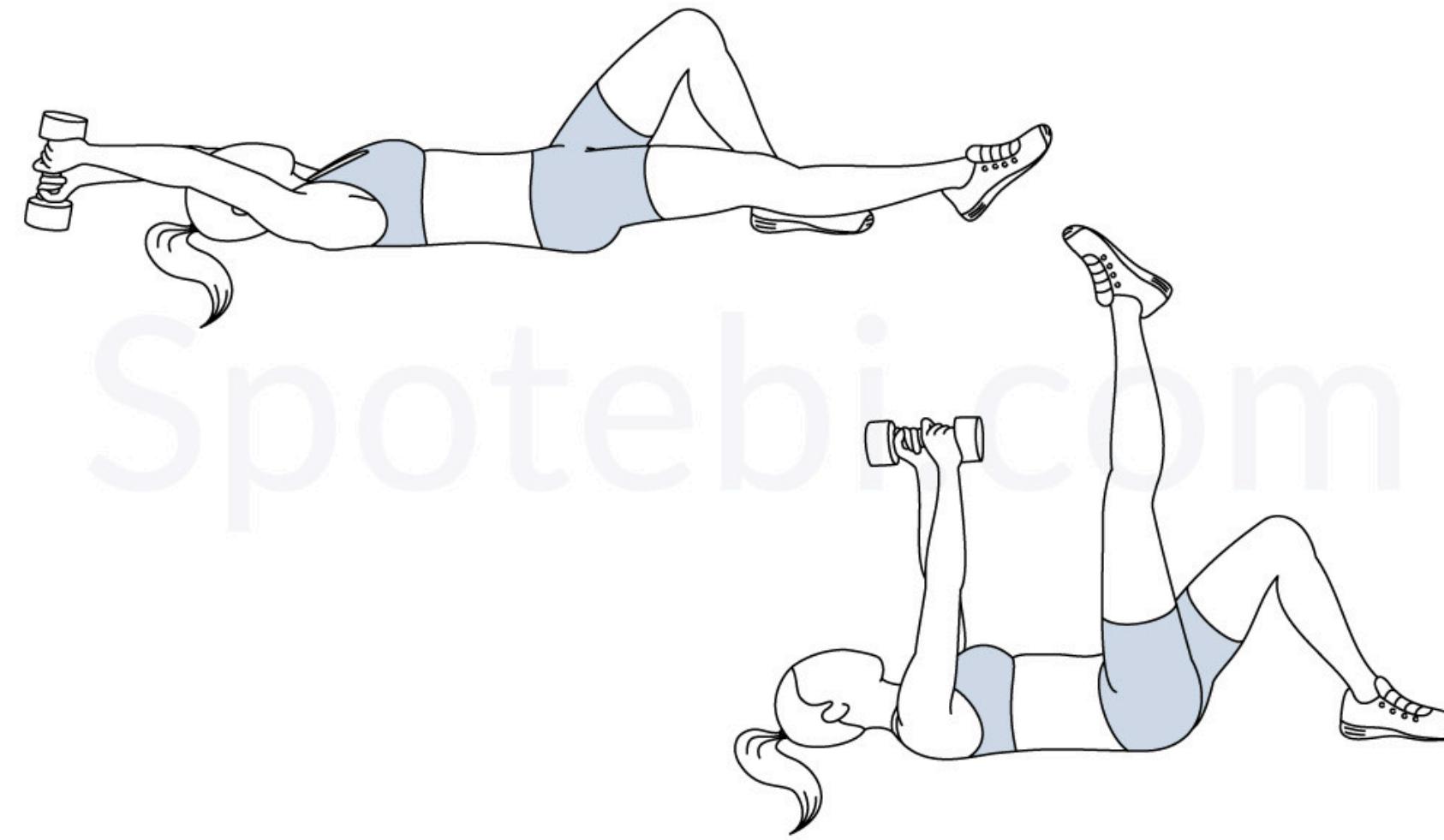
Pike Push Up



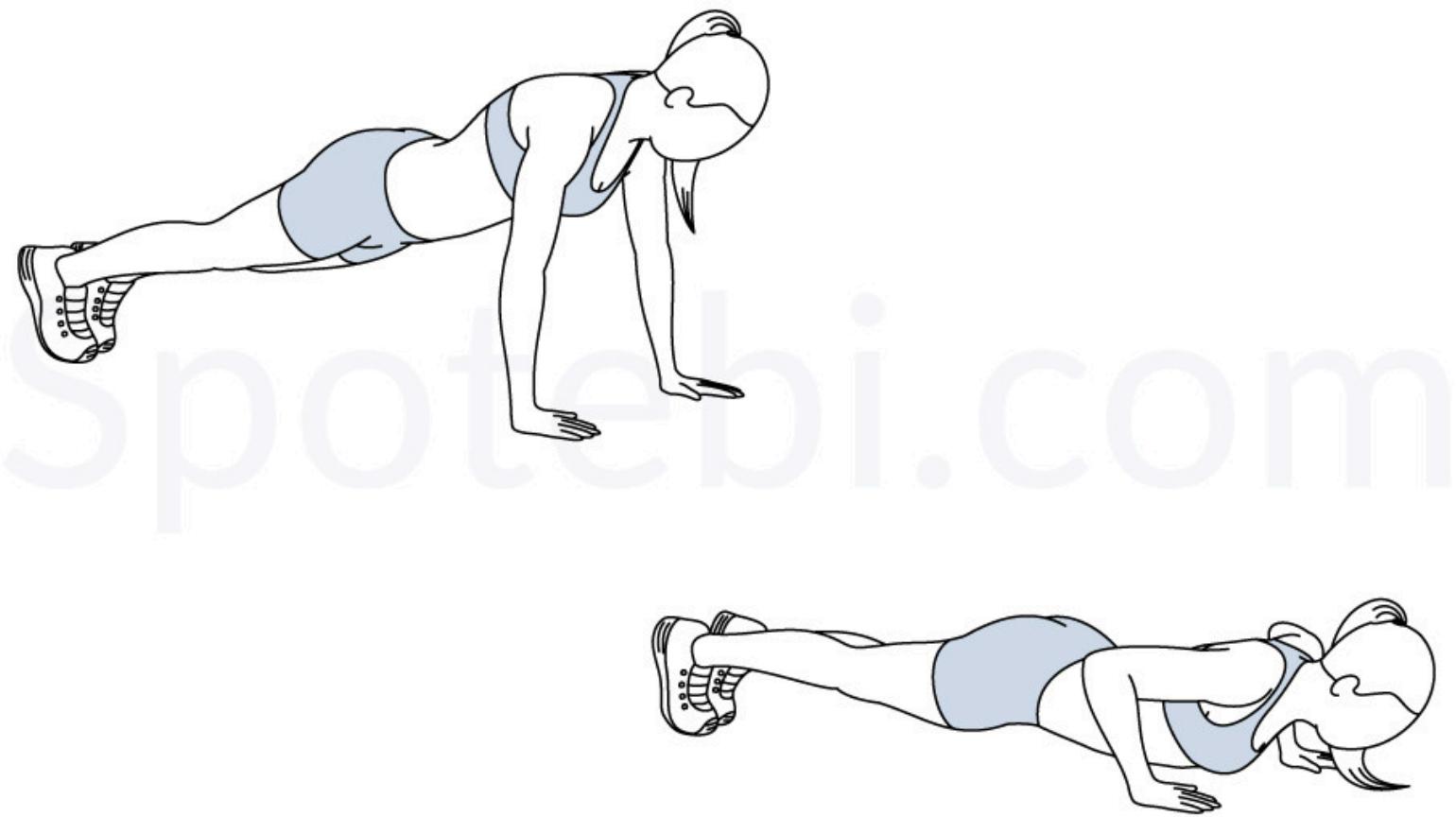
Plié Squat Scoop Up



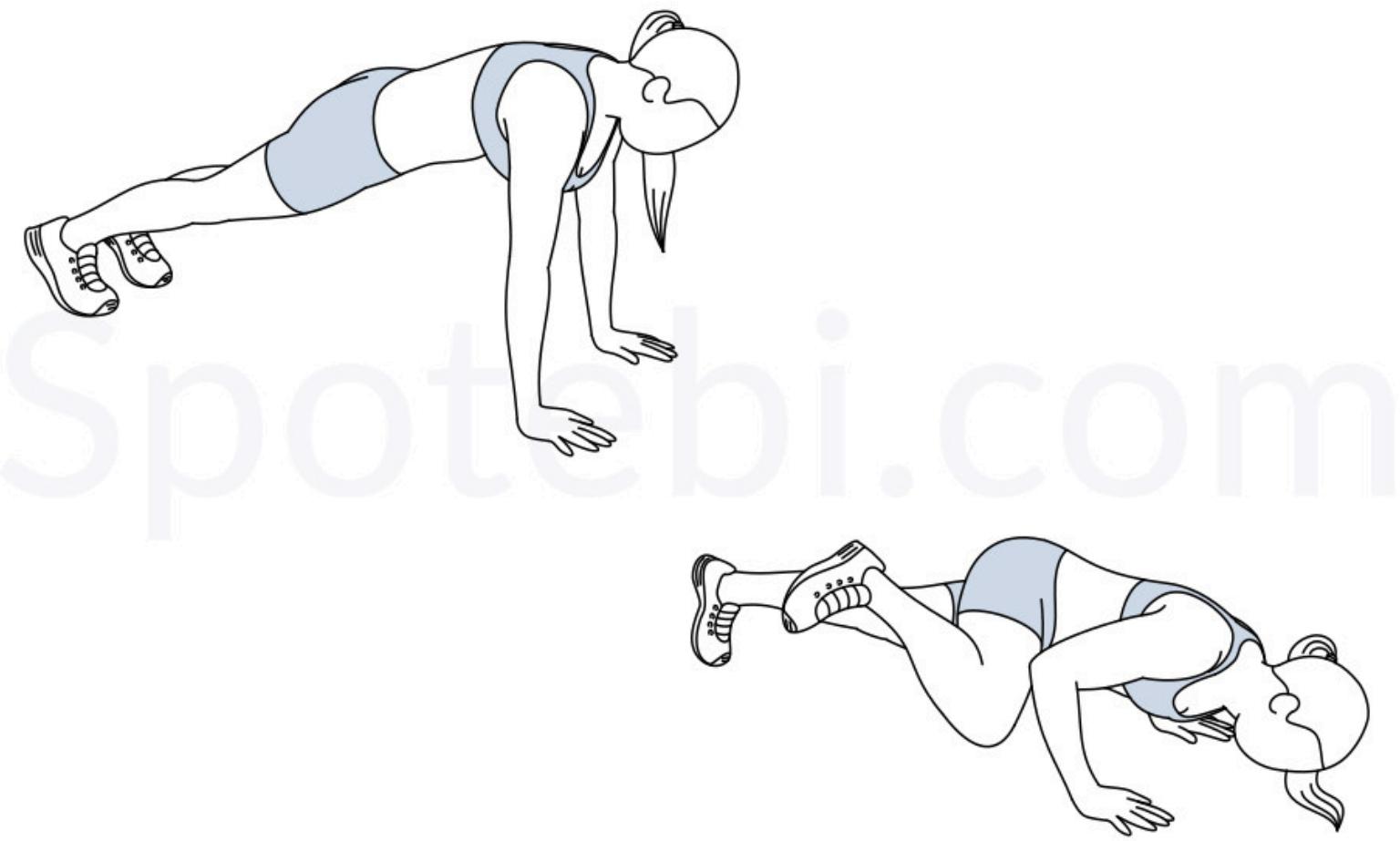
Dumbbell Pullover Leg Raise



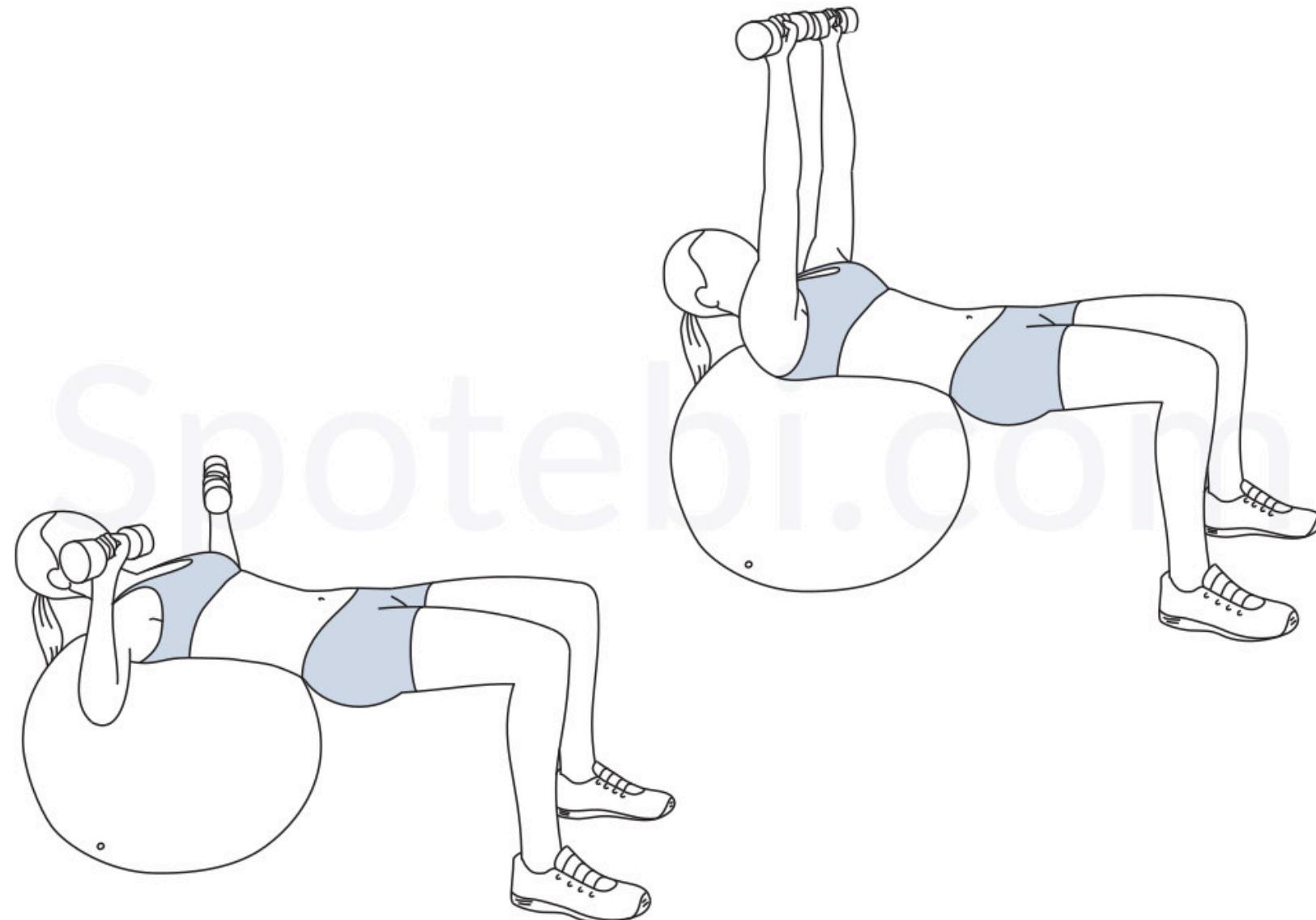
Push Up



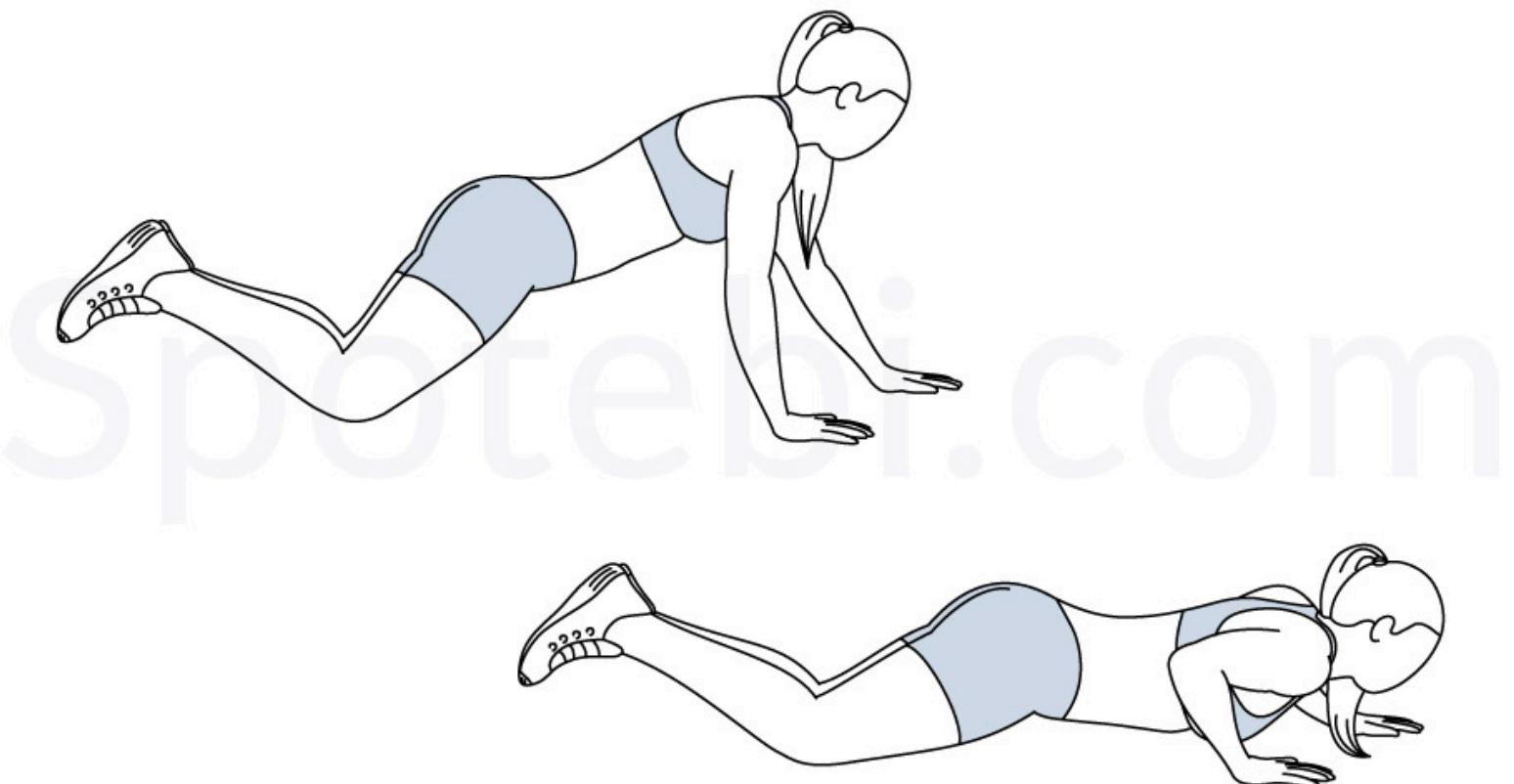
Spiderman Push Ups



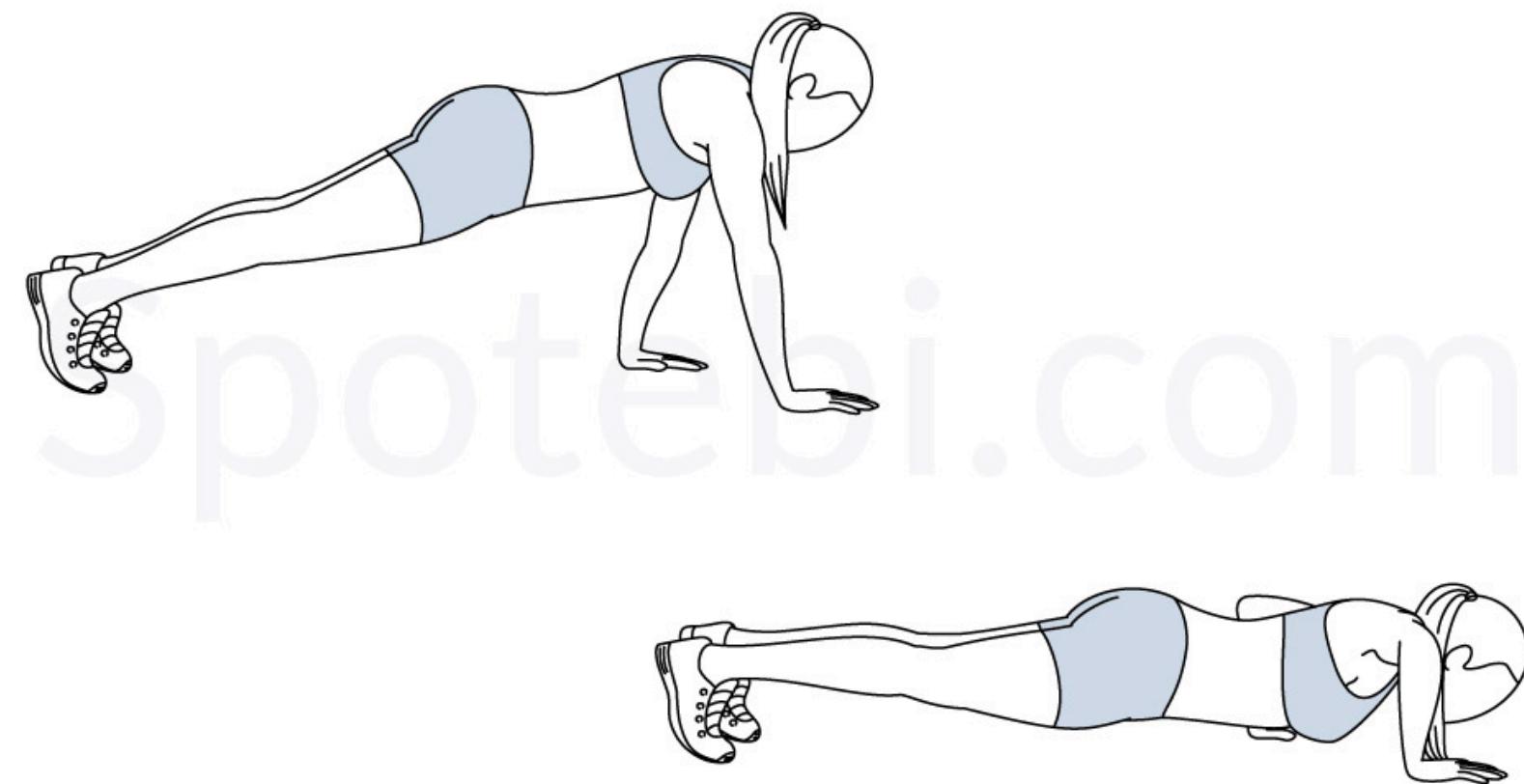
Stability Ball Chest Press



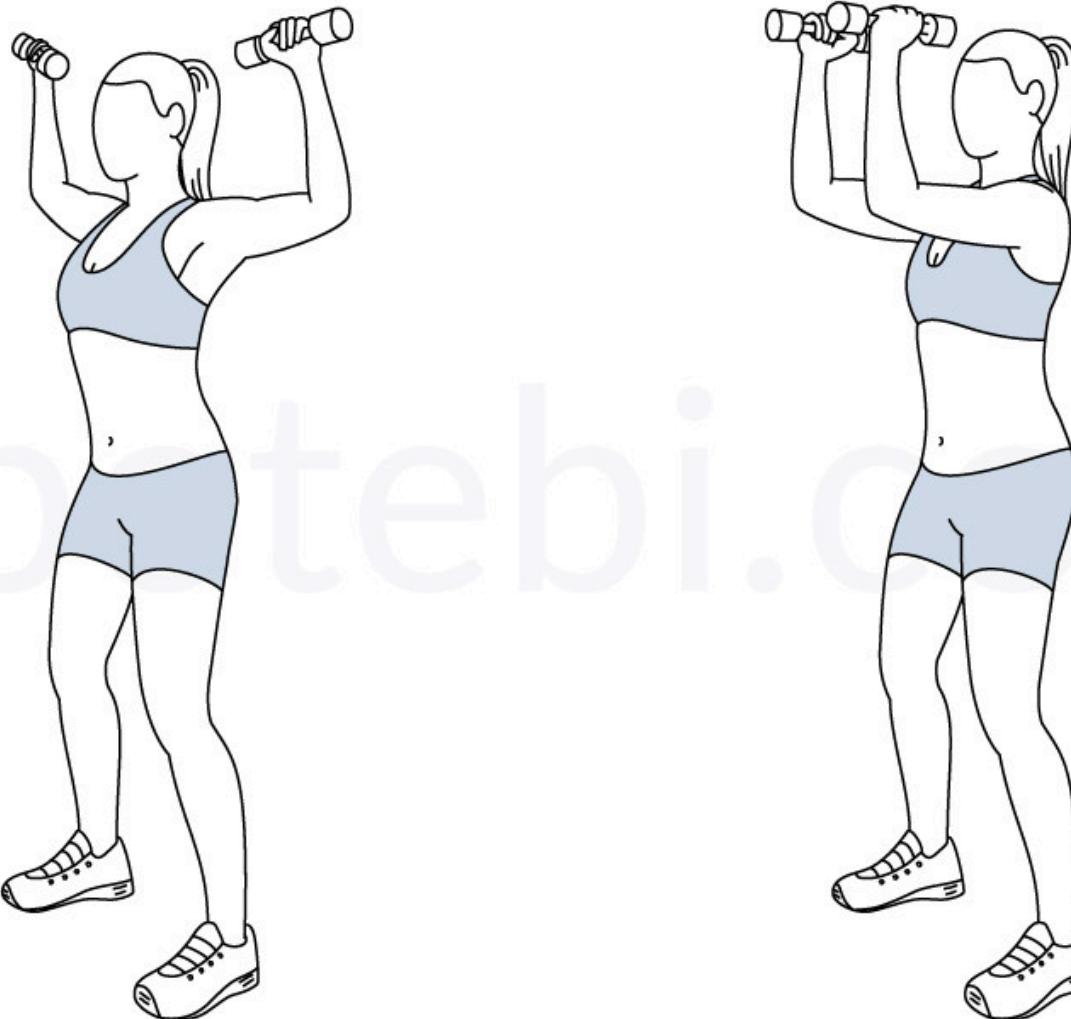
Staggered Arm Knee Push Up



Staggered Arm Push Up

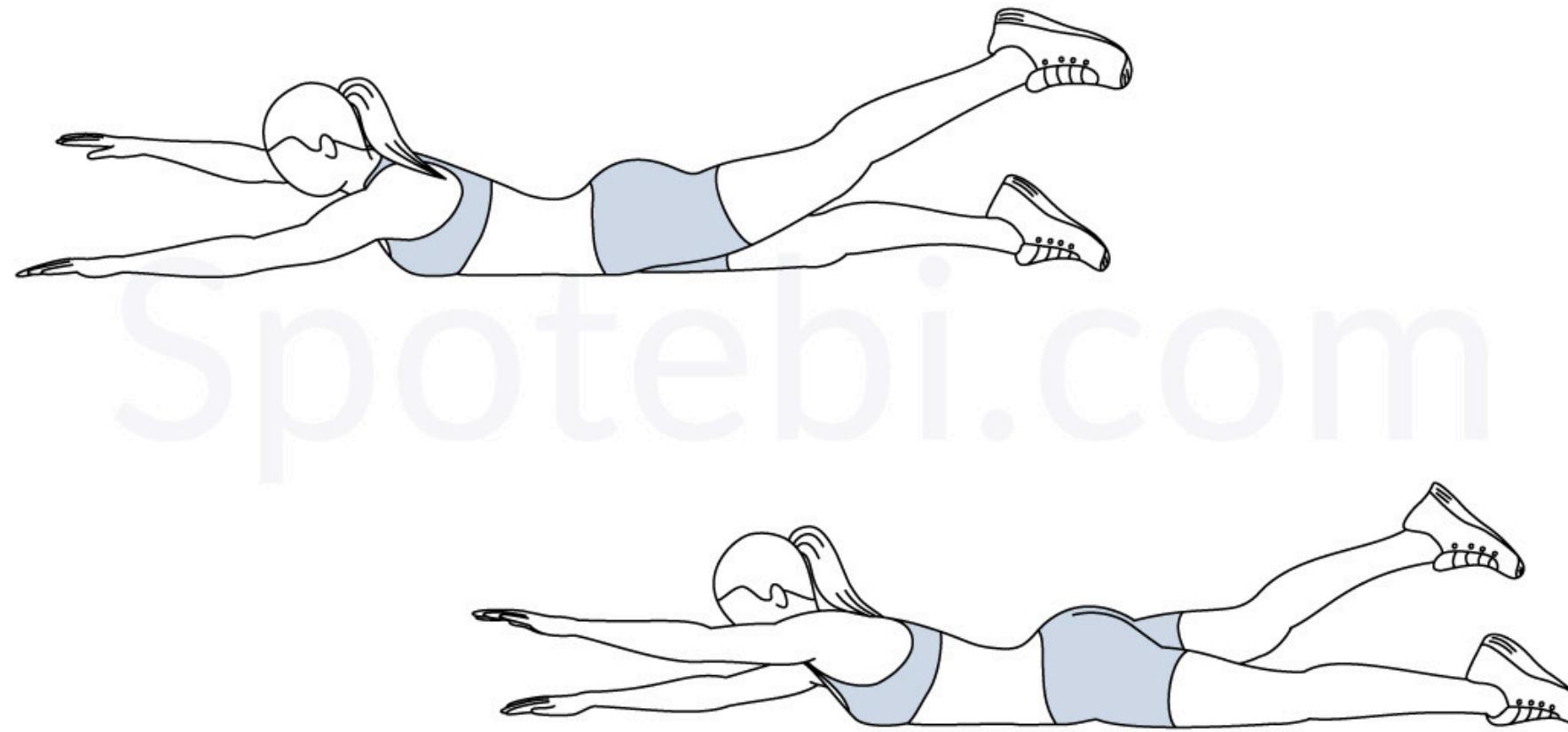


Standing Chest Fly

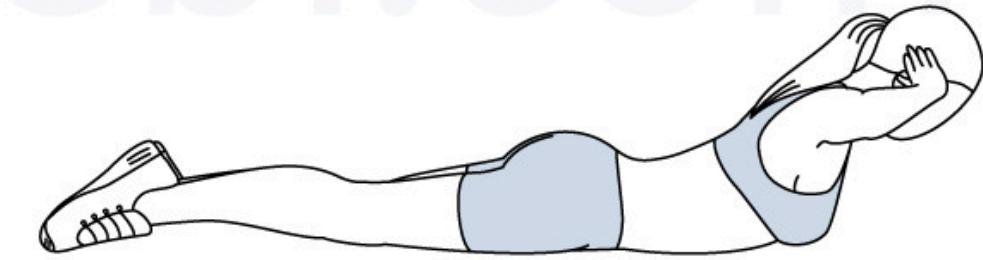
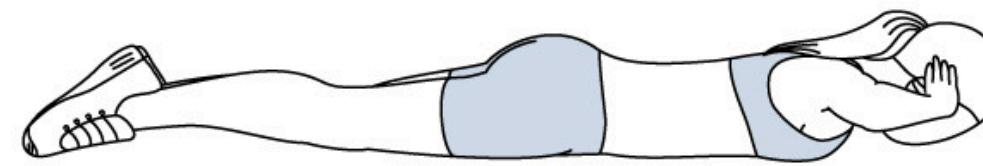


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Alternating Superman

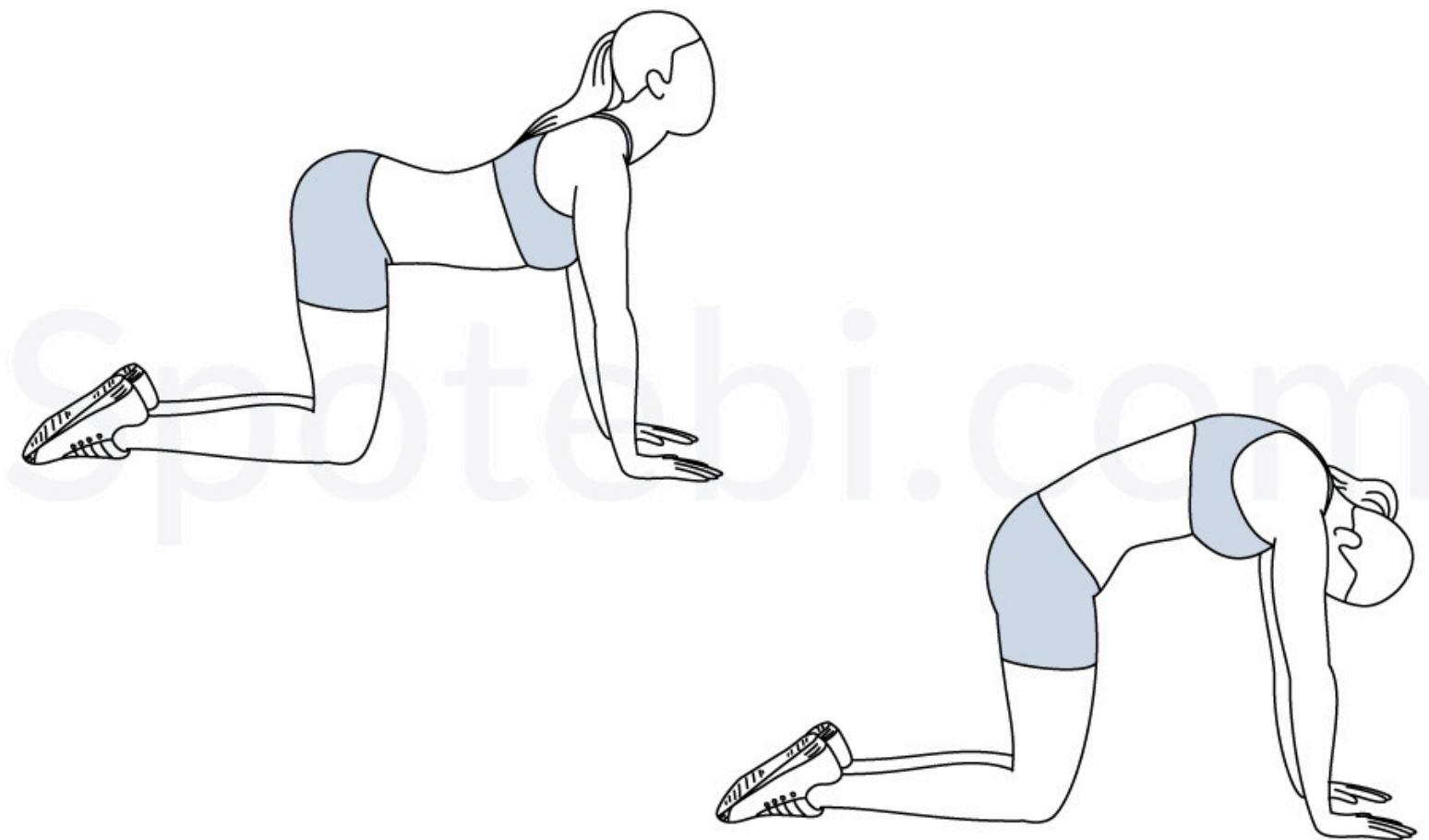


Back extensions

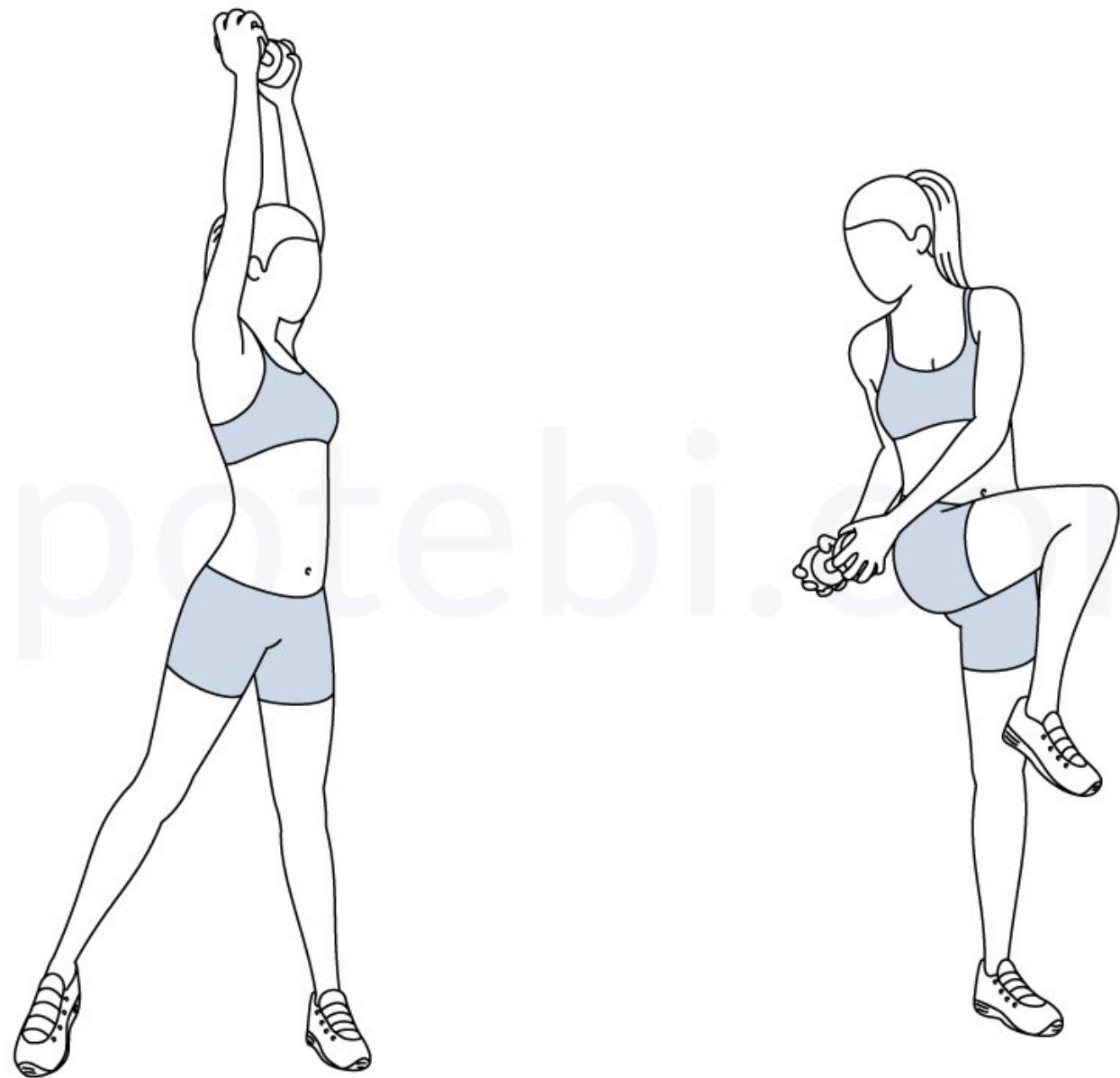


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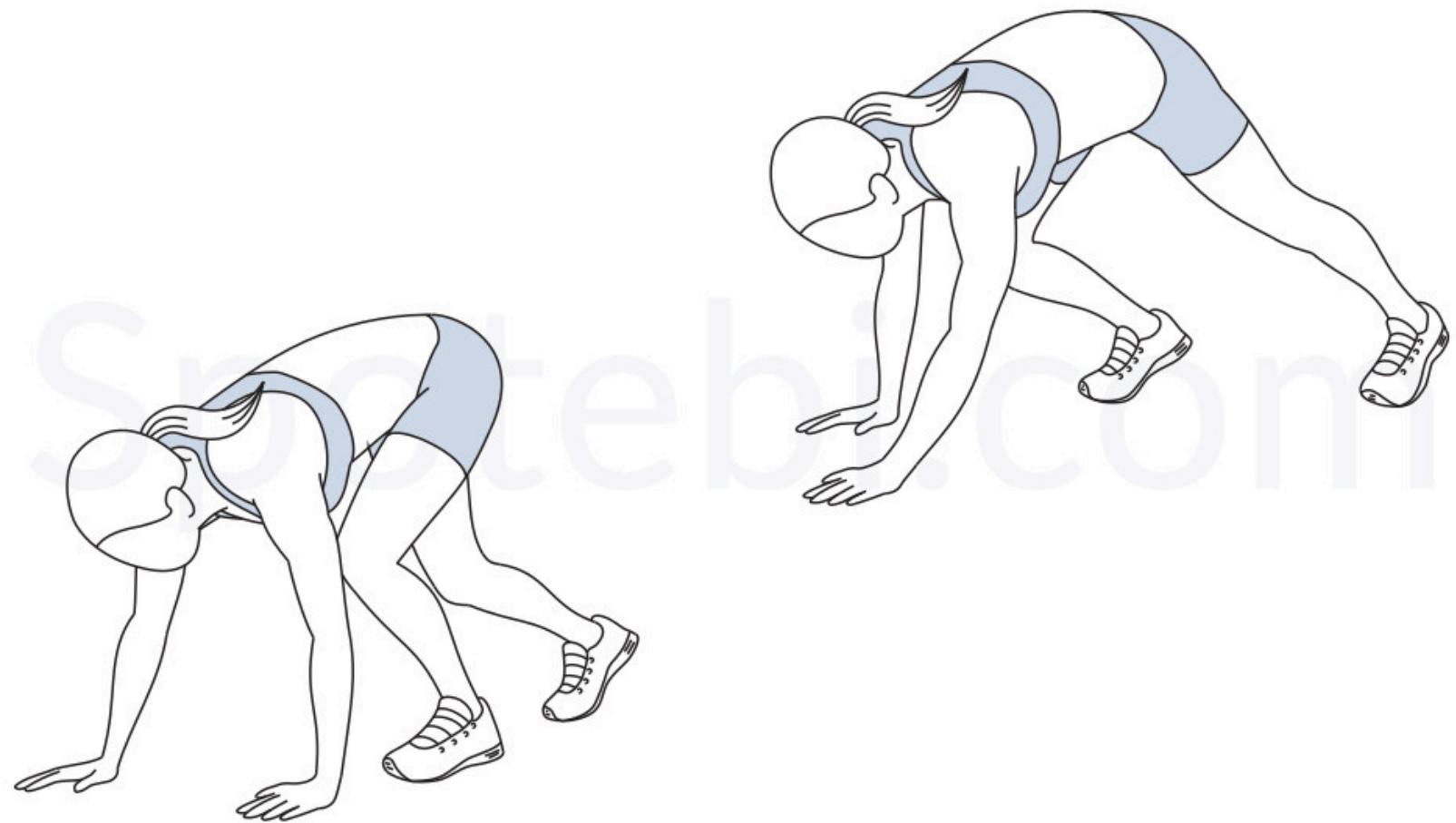
Back Stretch



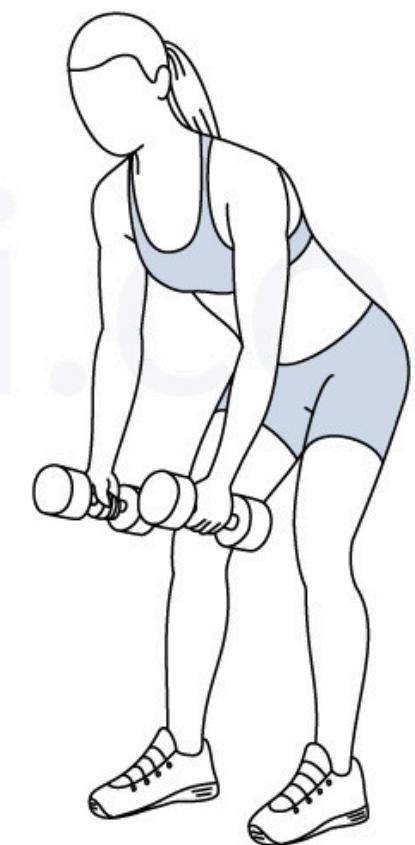
Balance Chop



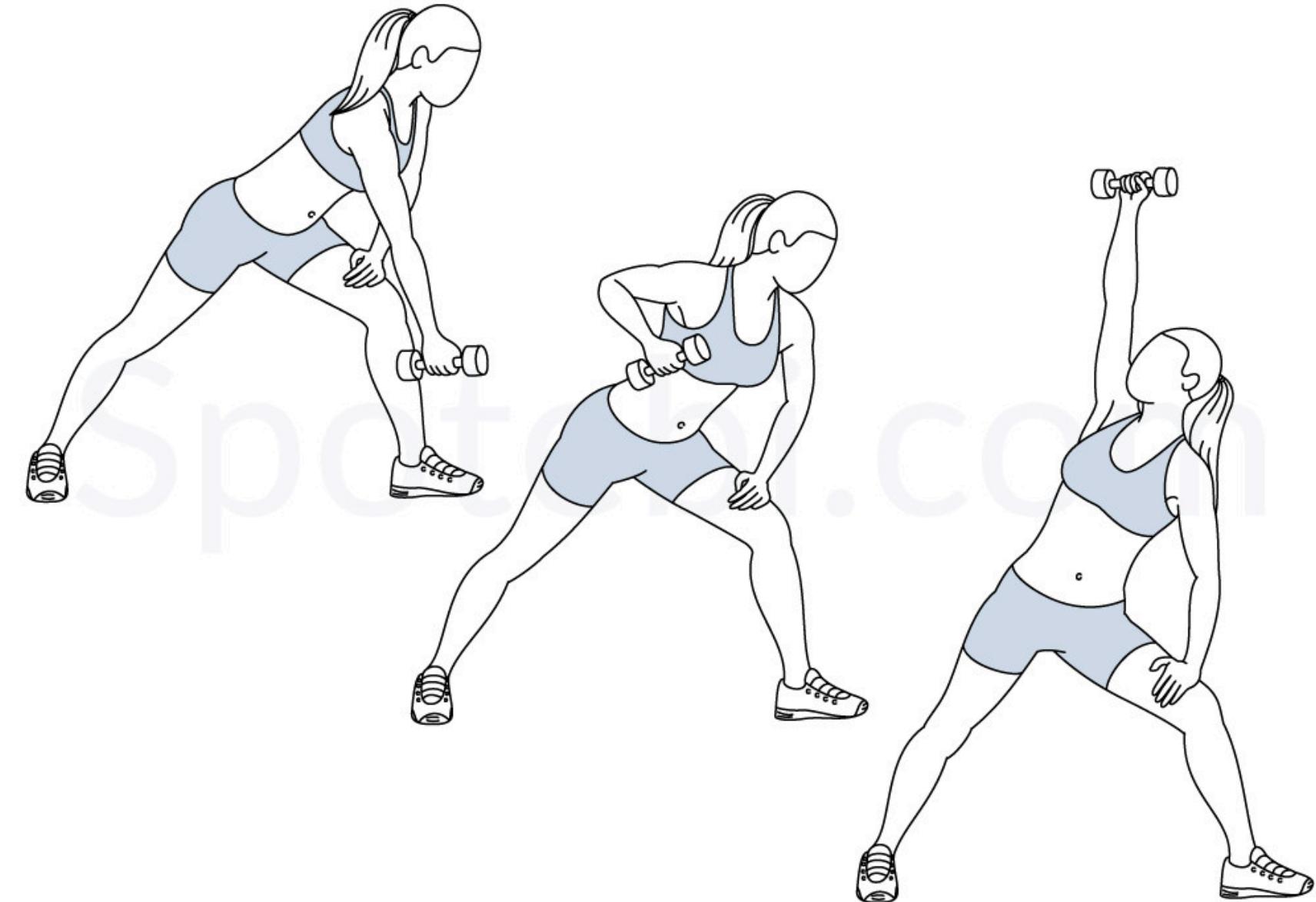
Bear Walk



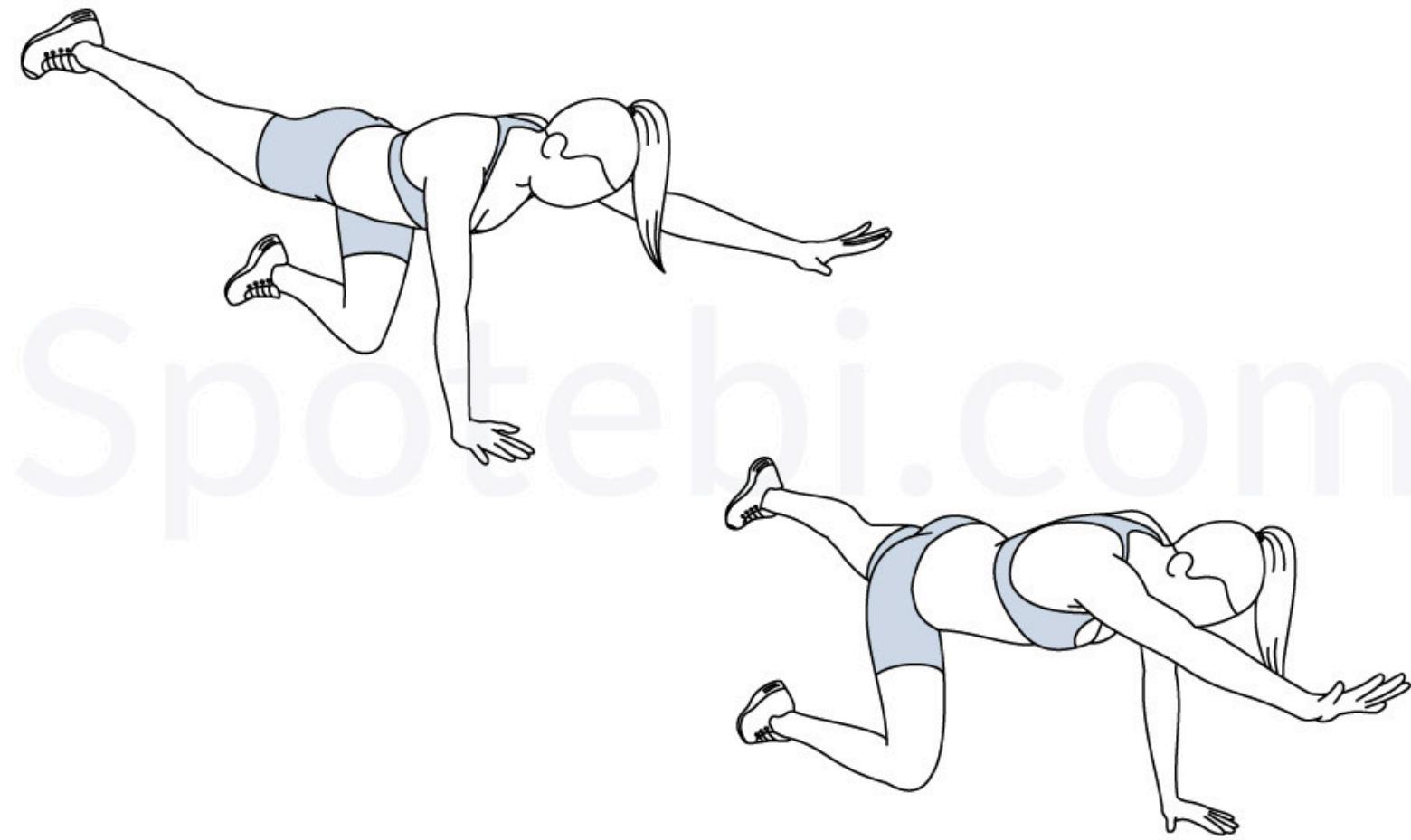
Dumbbell Bent Over Row



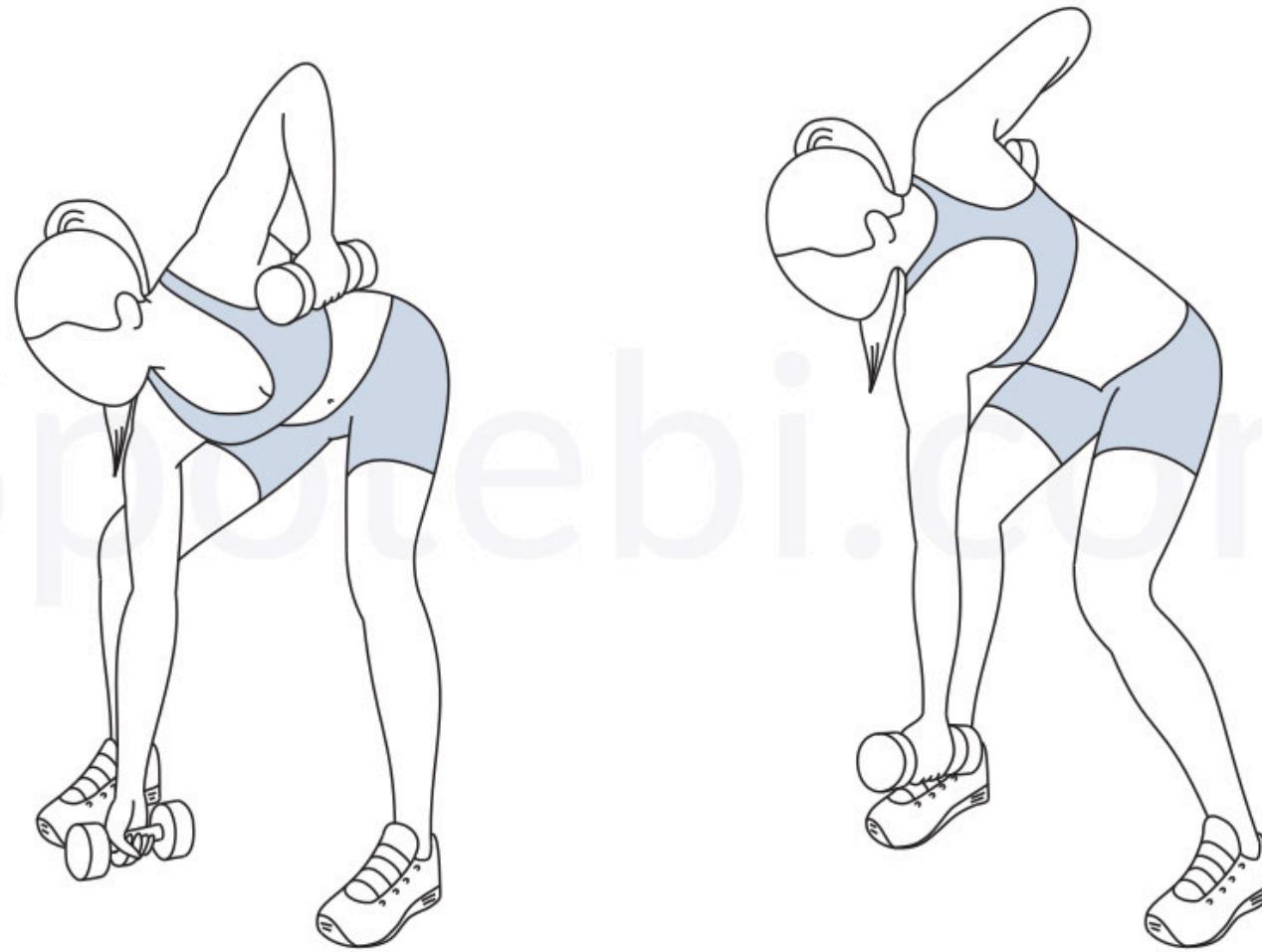
Bent Over Row Press



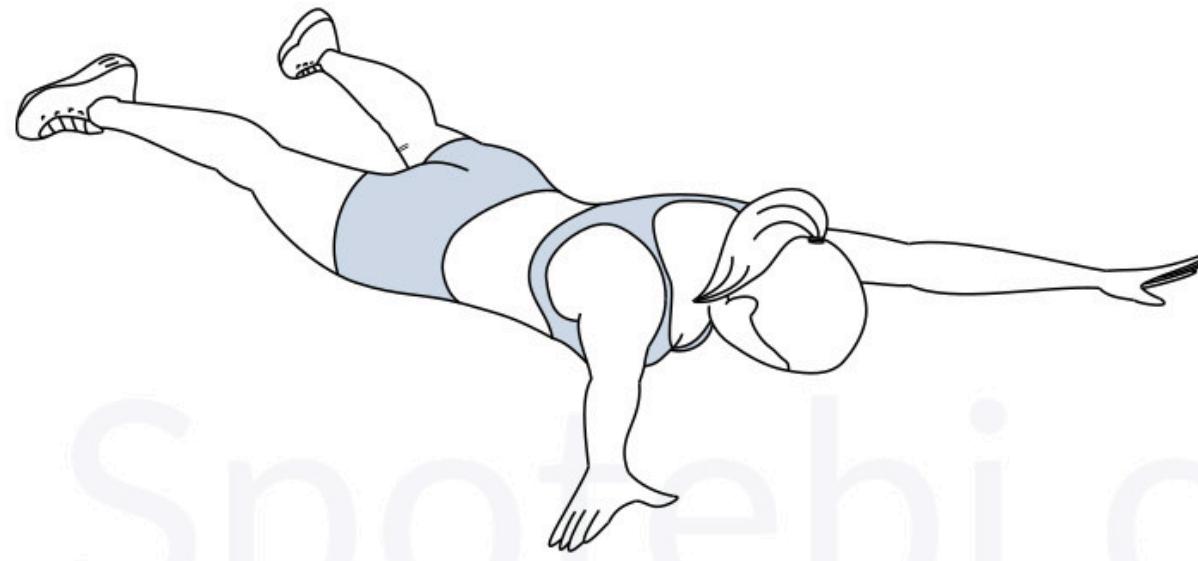
Bird Dogs



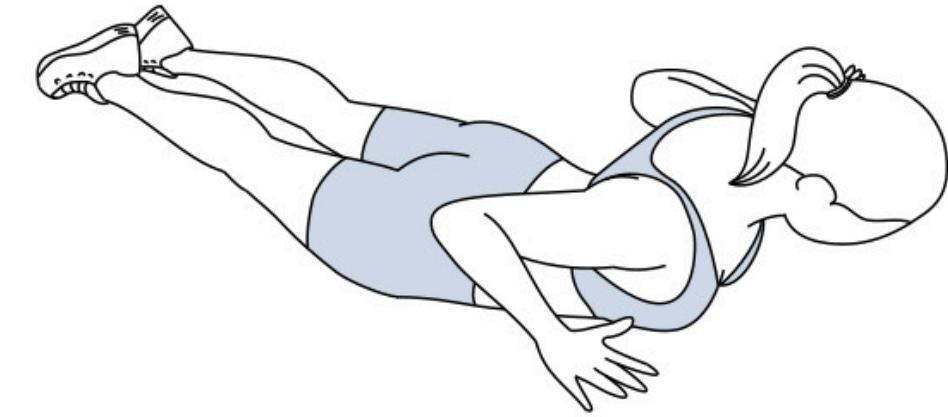
Bow and Arrow Squat Pull



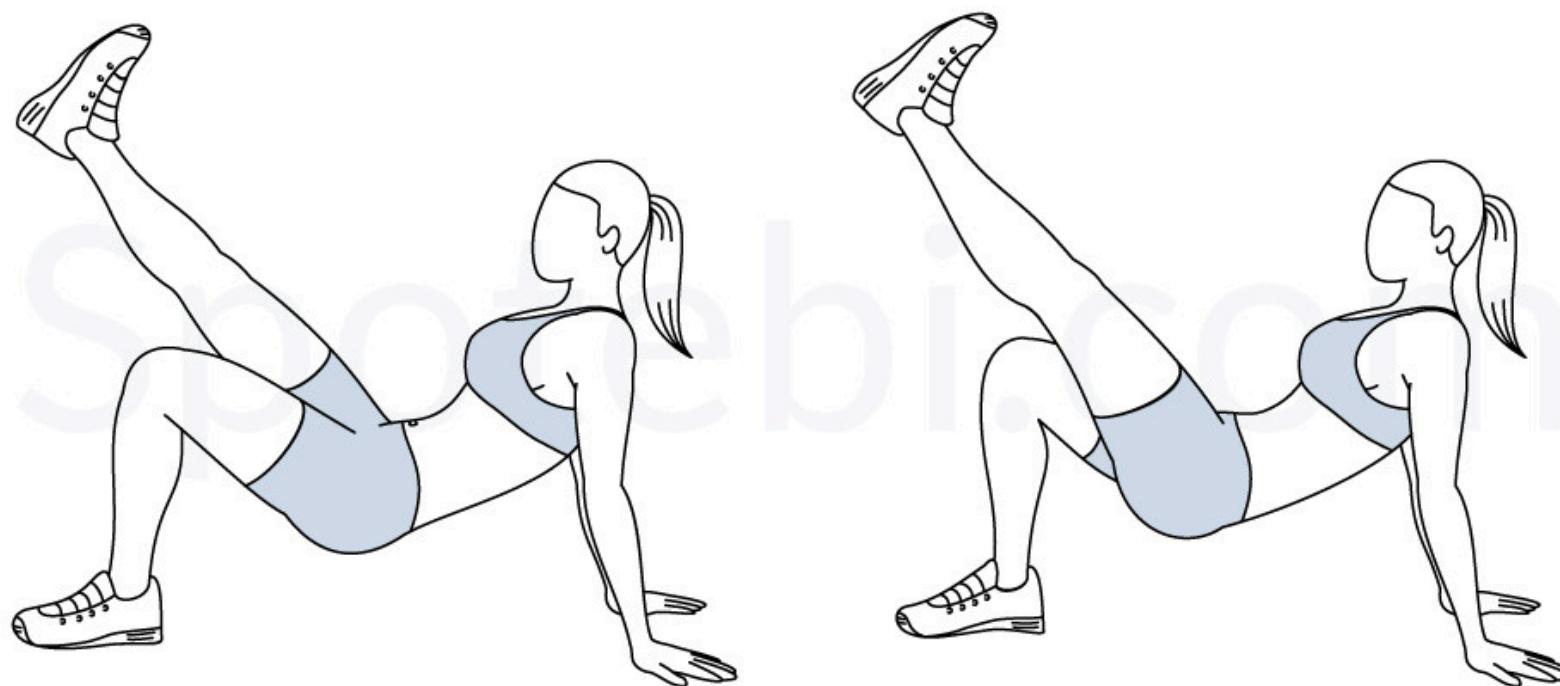
Cobra Lat Pulldown



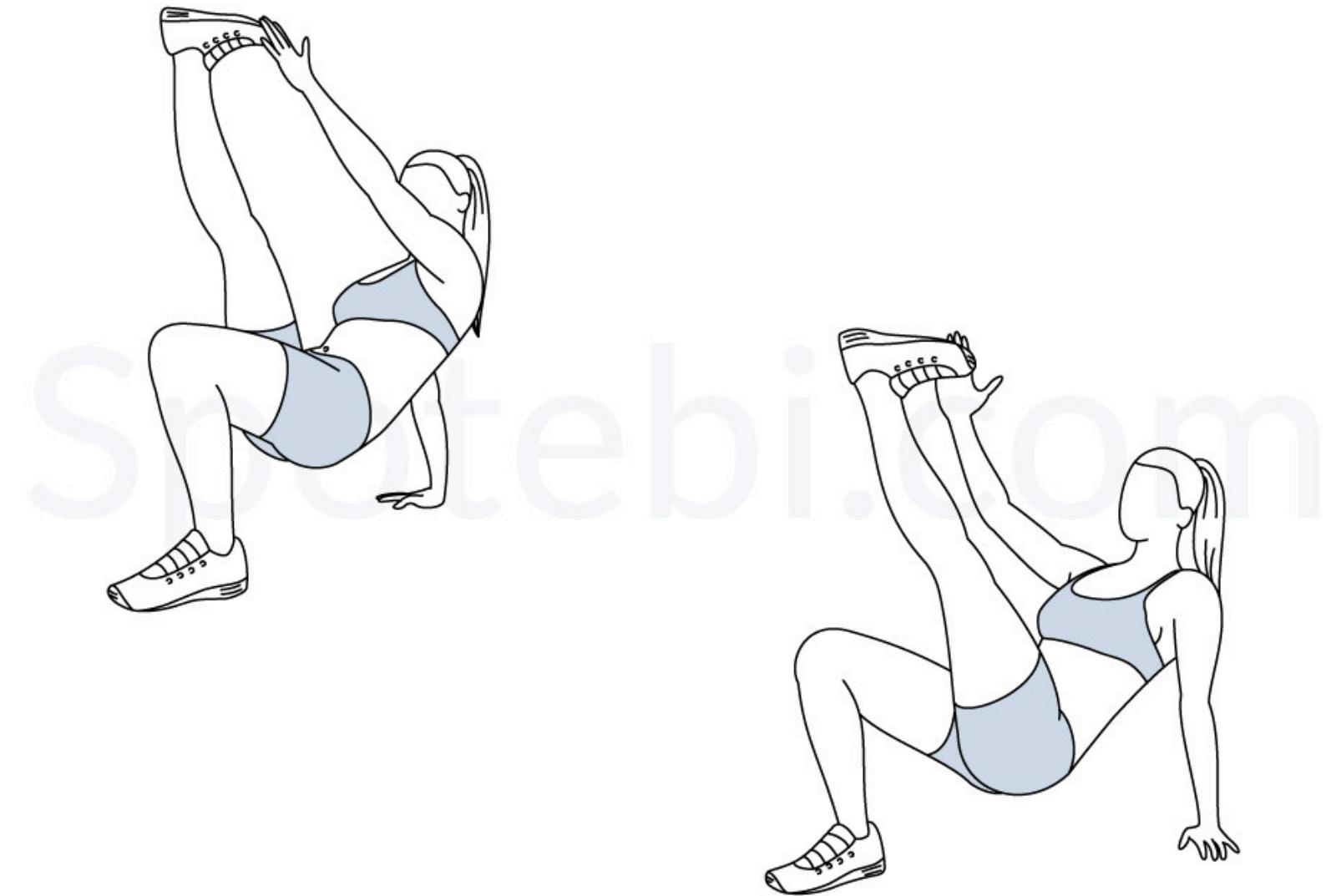
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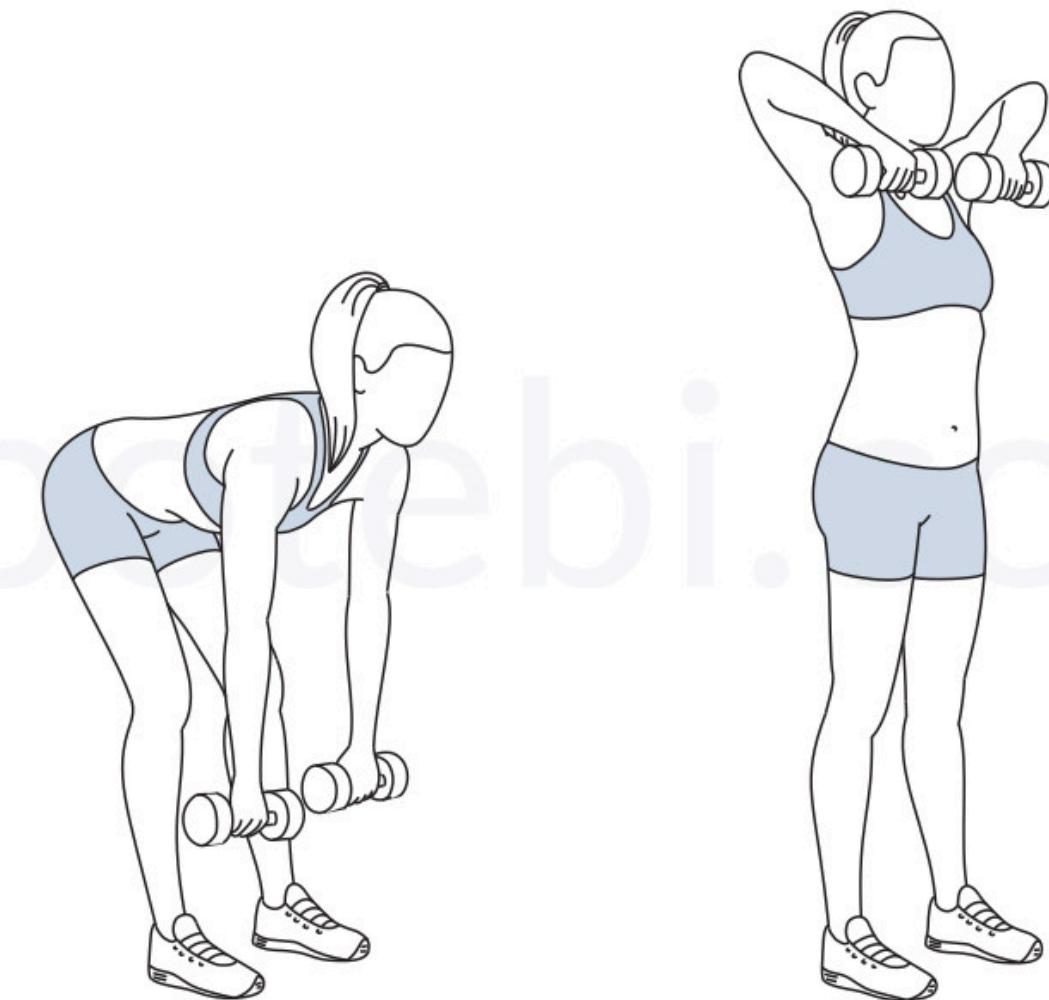
Crab Kicks



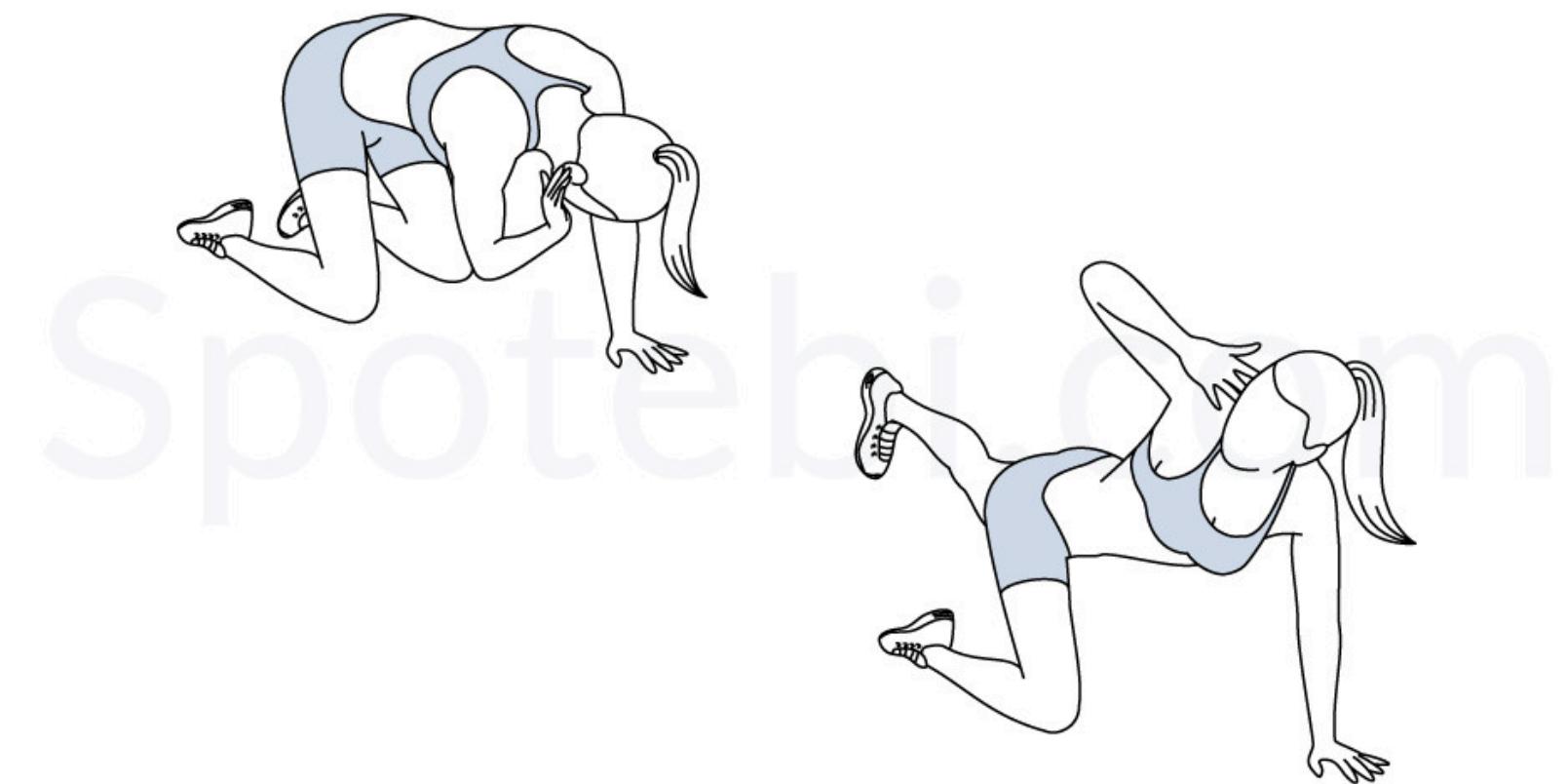
Crab Toe Touches



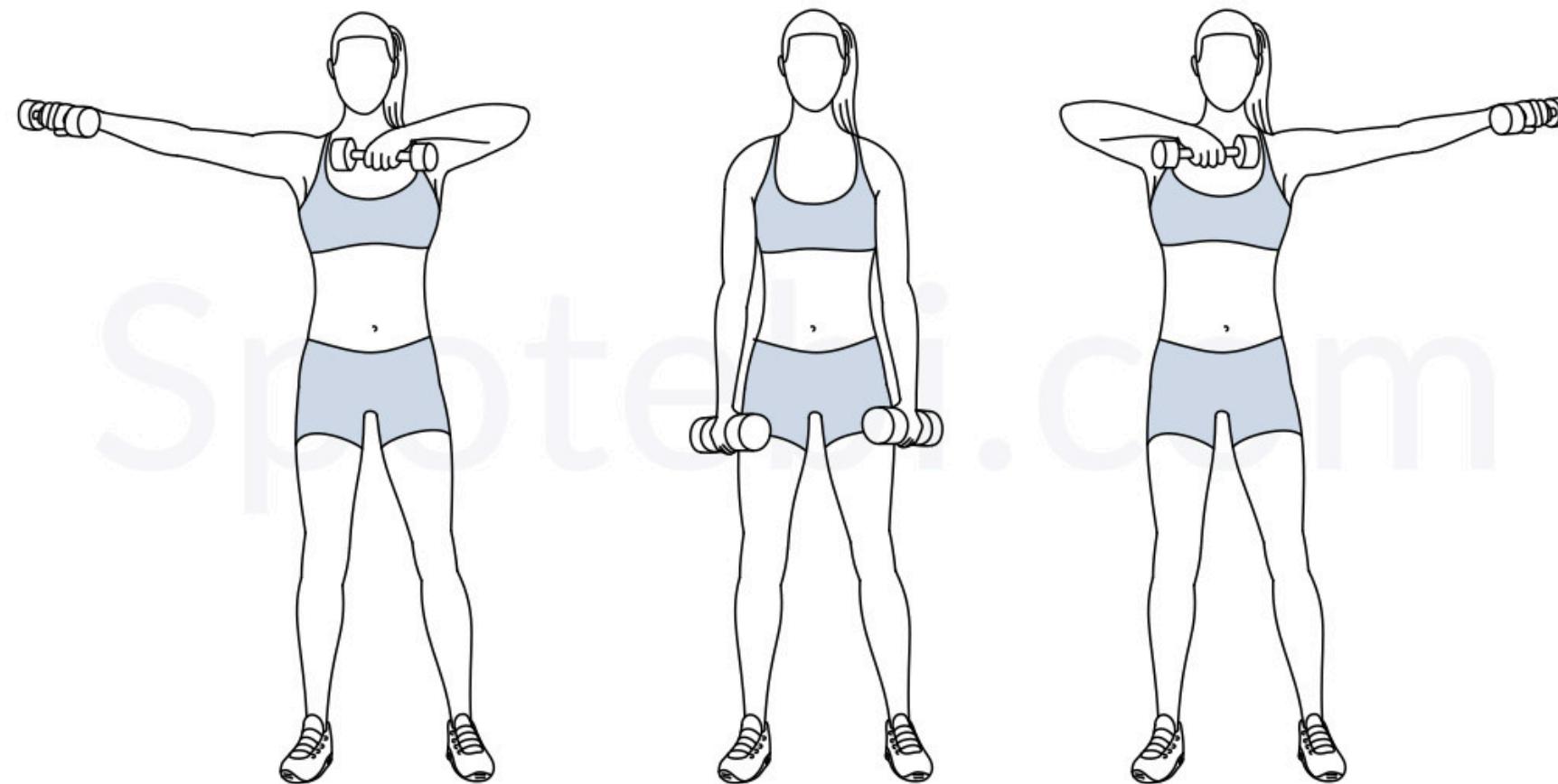
Deadlift Upright row



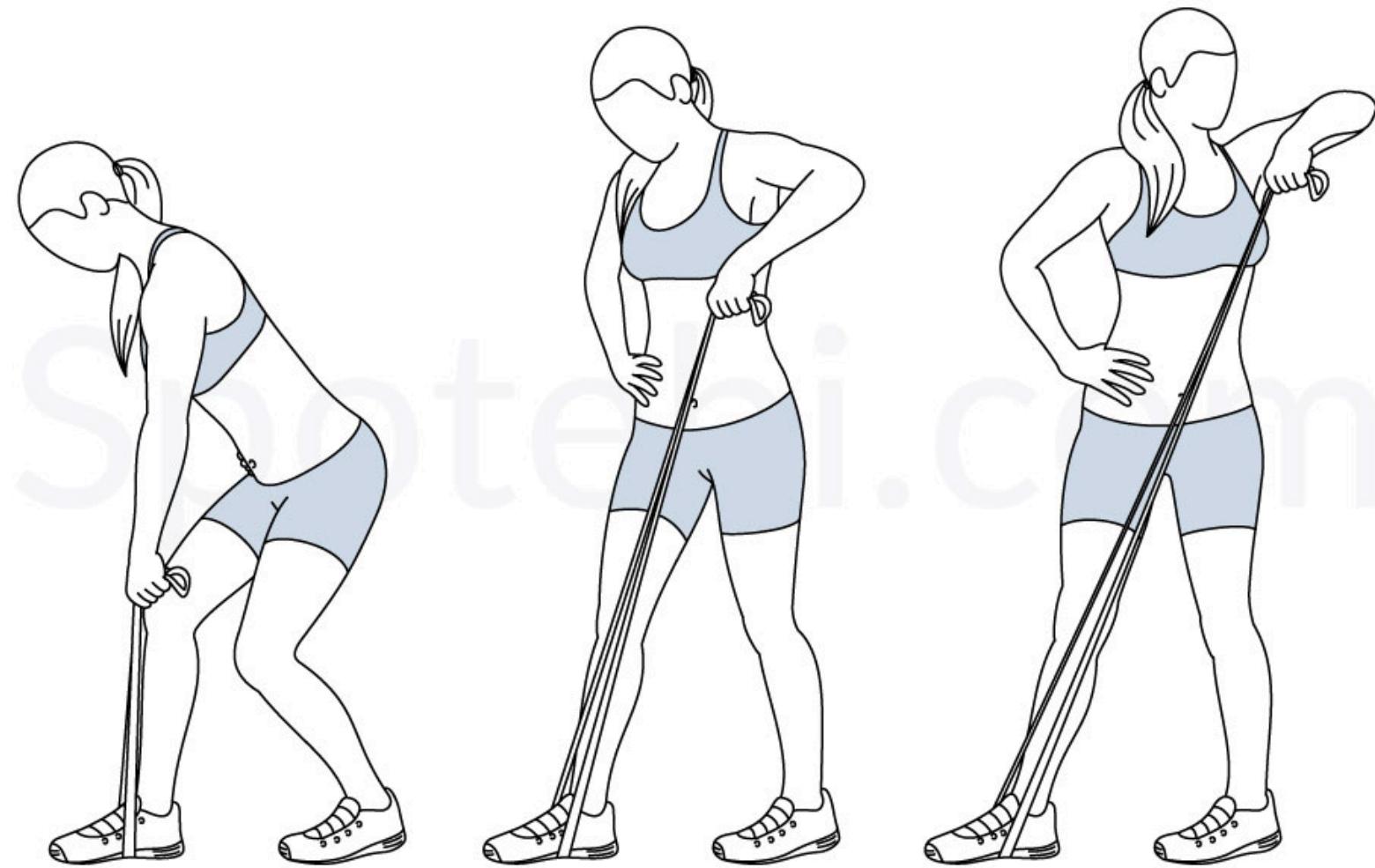
Donkey Kick Twist



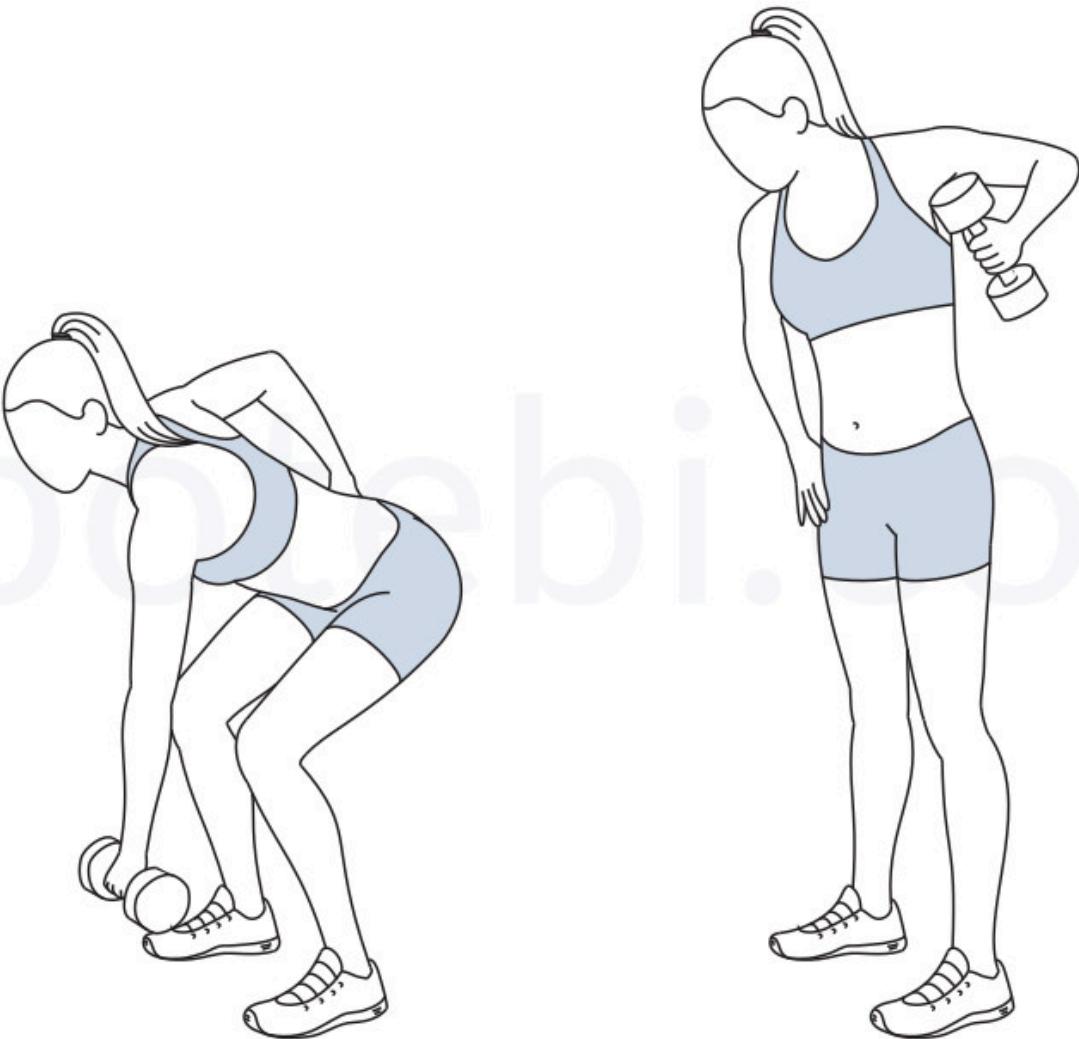
Dumbbell Side Swings



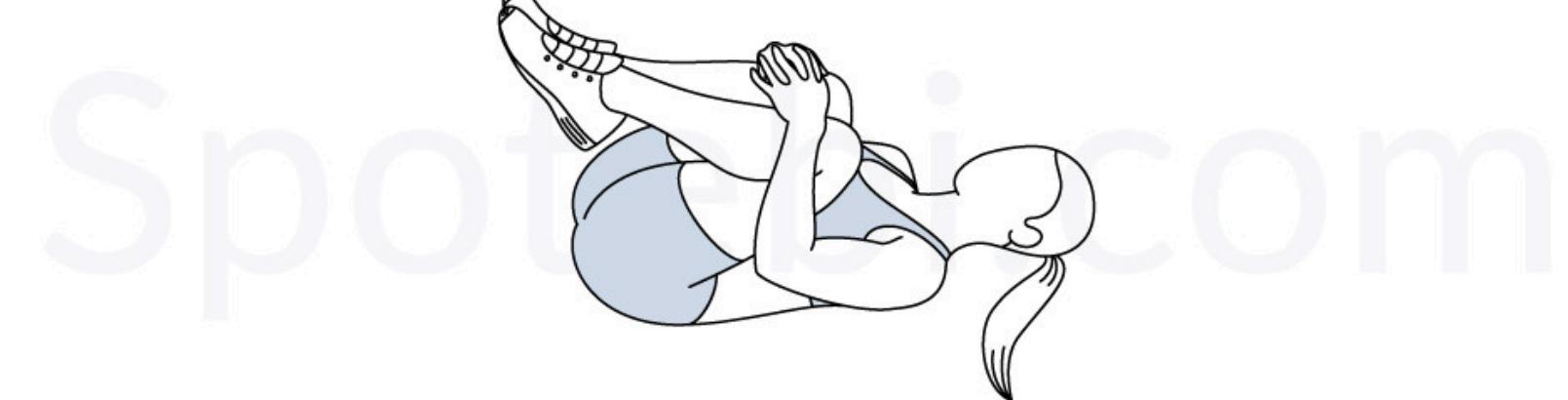
Lawnmower Band Pull



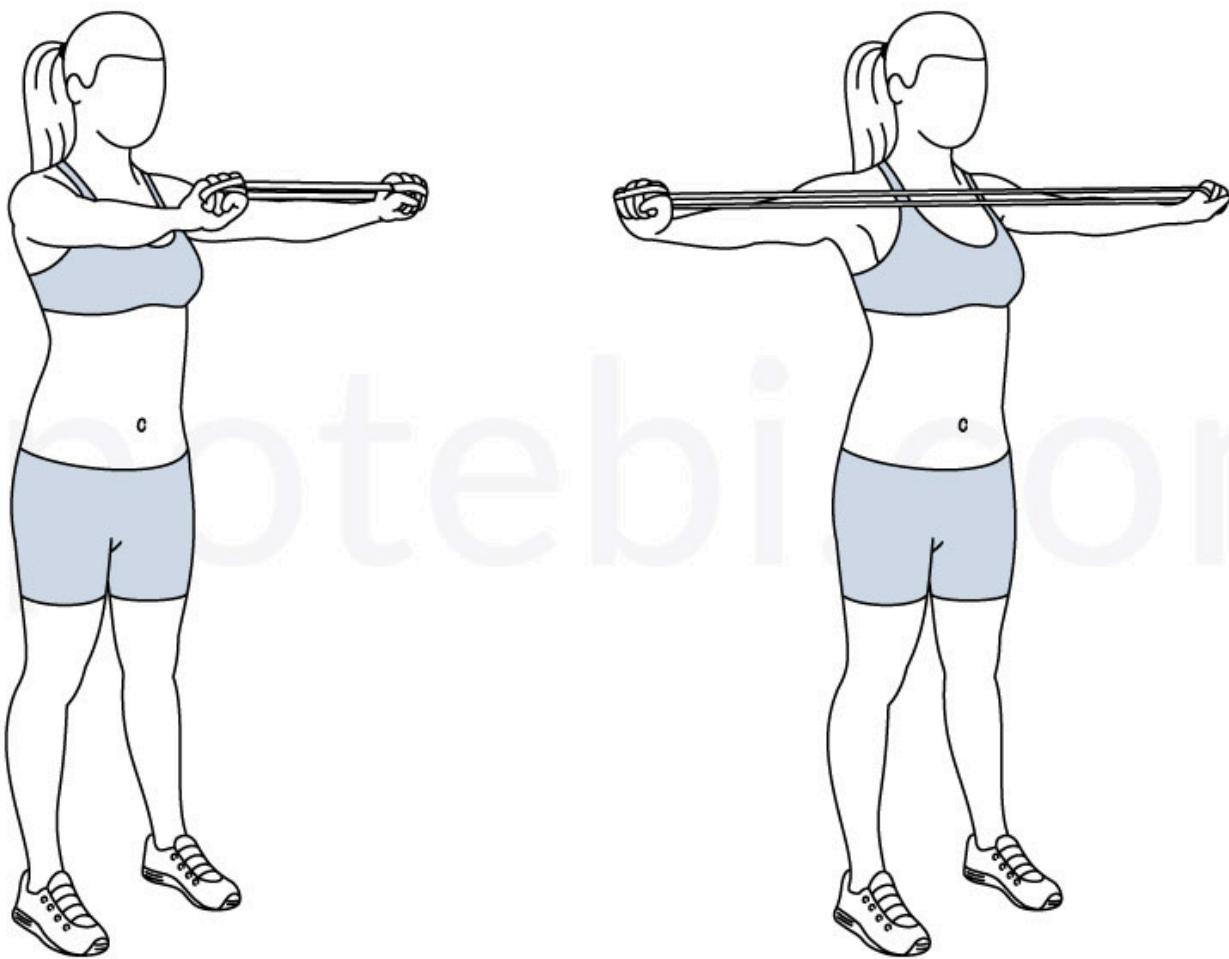
LawnMower Pull



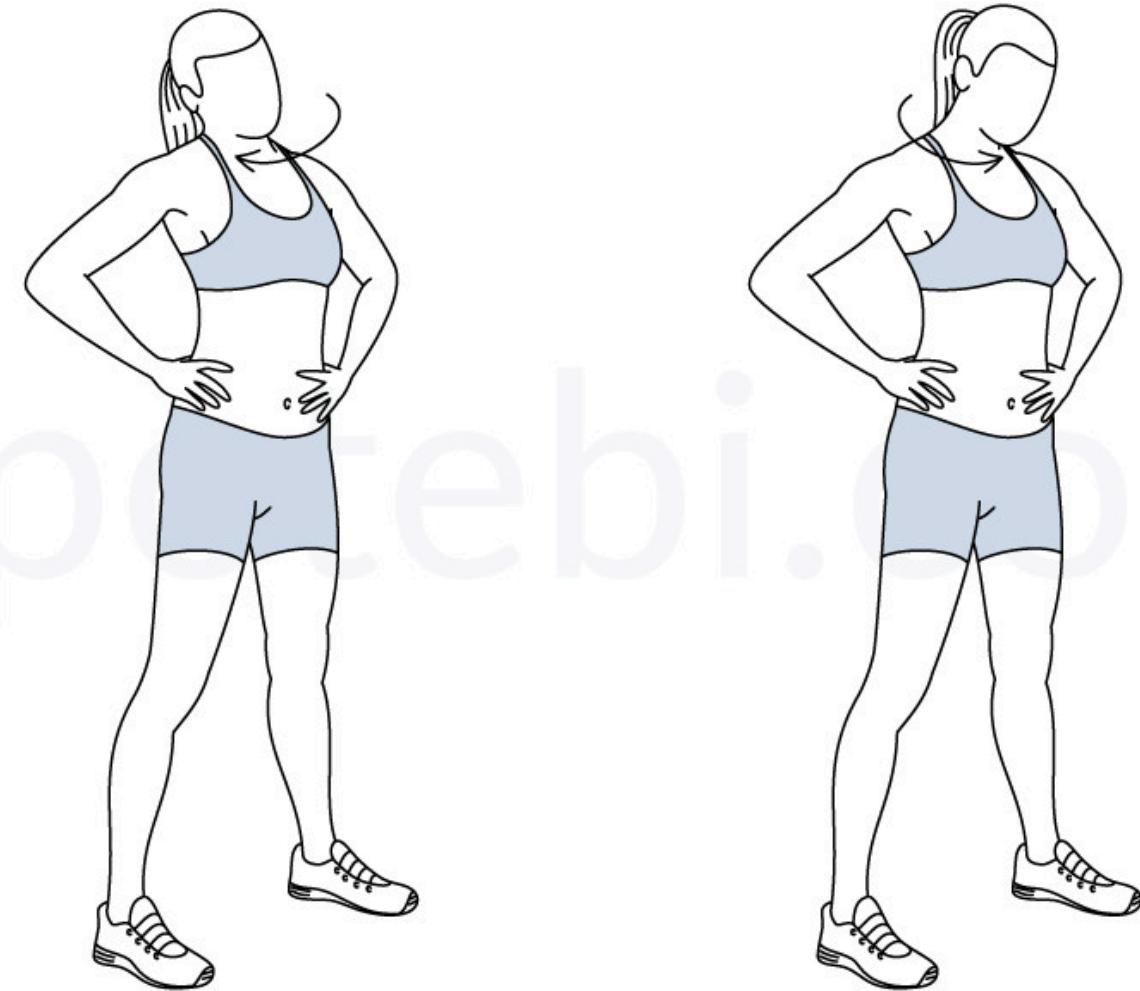
Lower Back Stretch



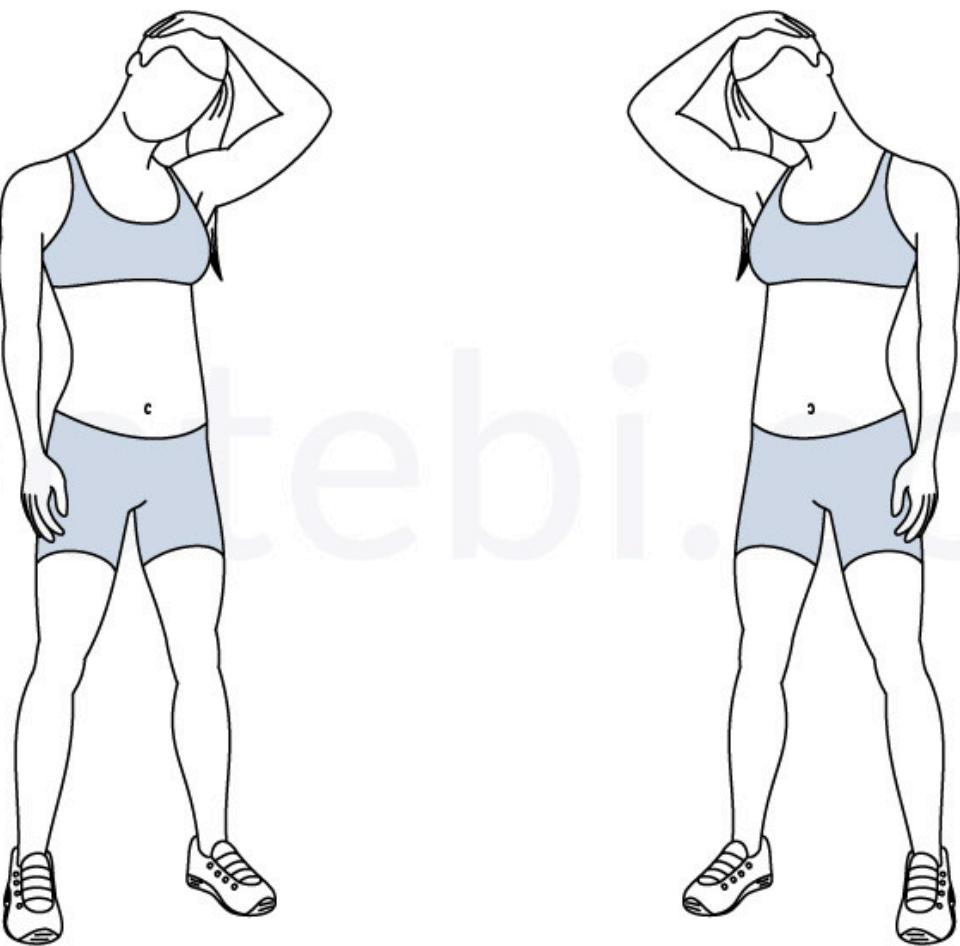
Mid Back Band Pull



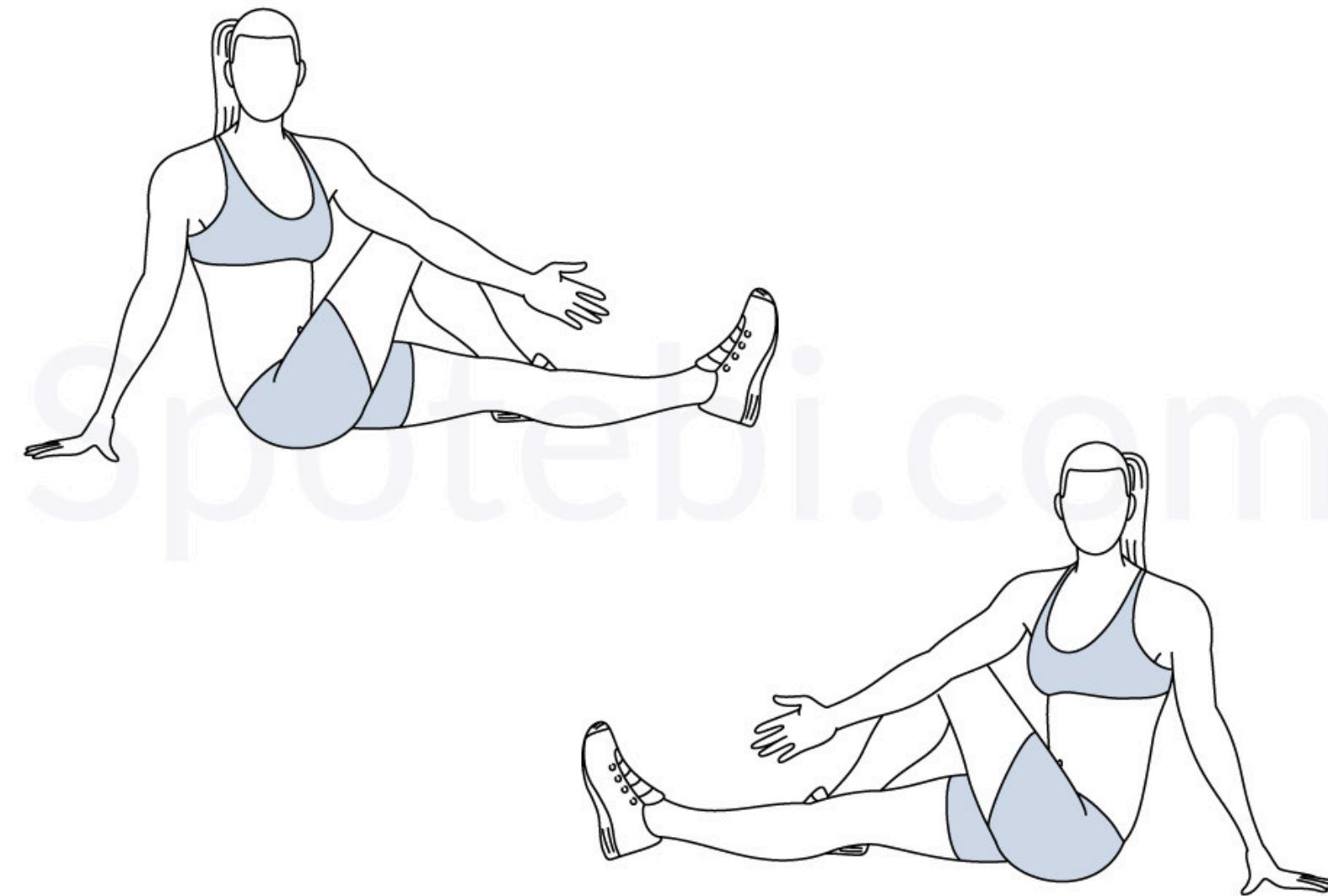
Neck Rolls



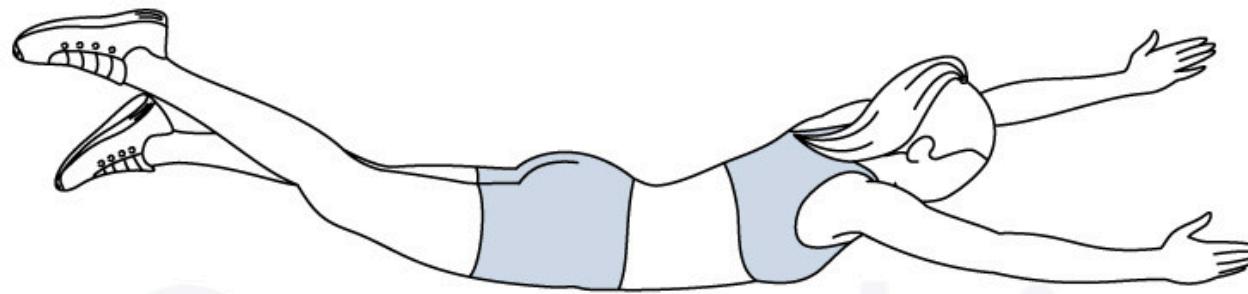
Neck Stretch



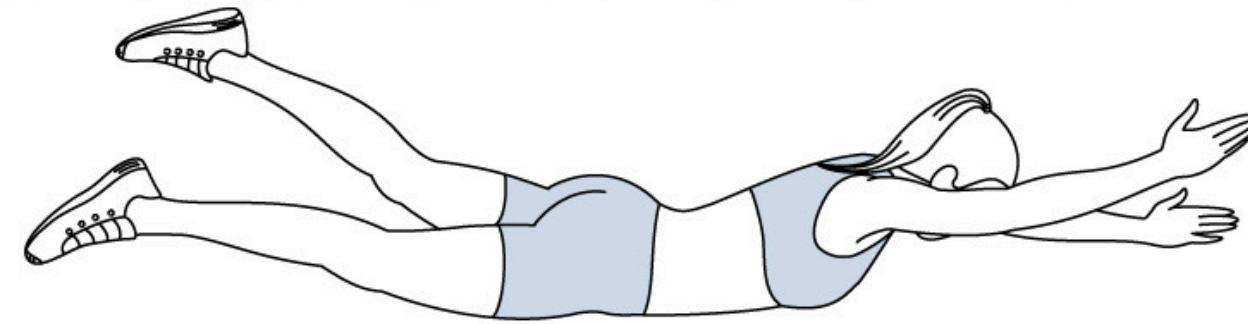
Outer Thigh Stretch



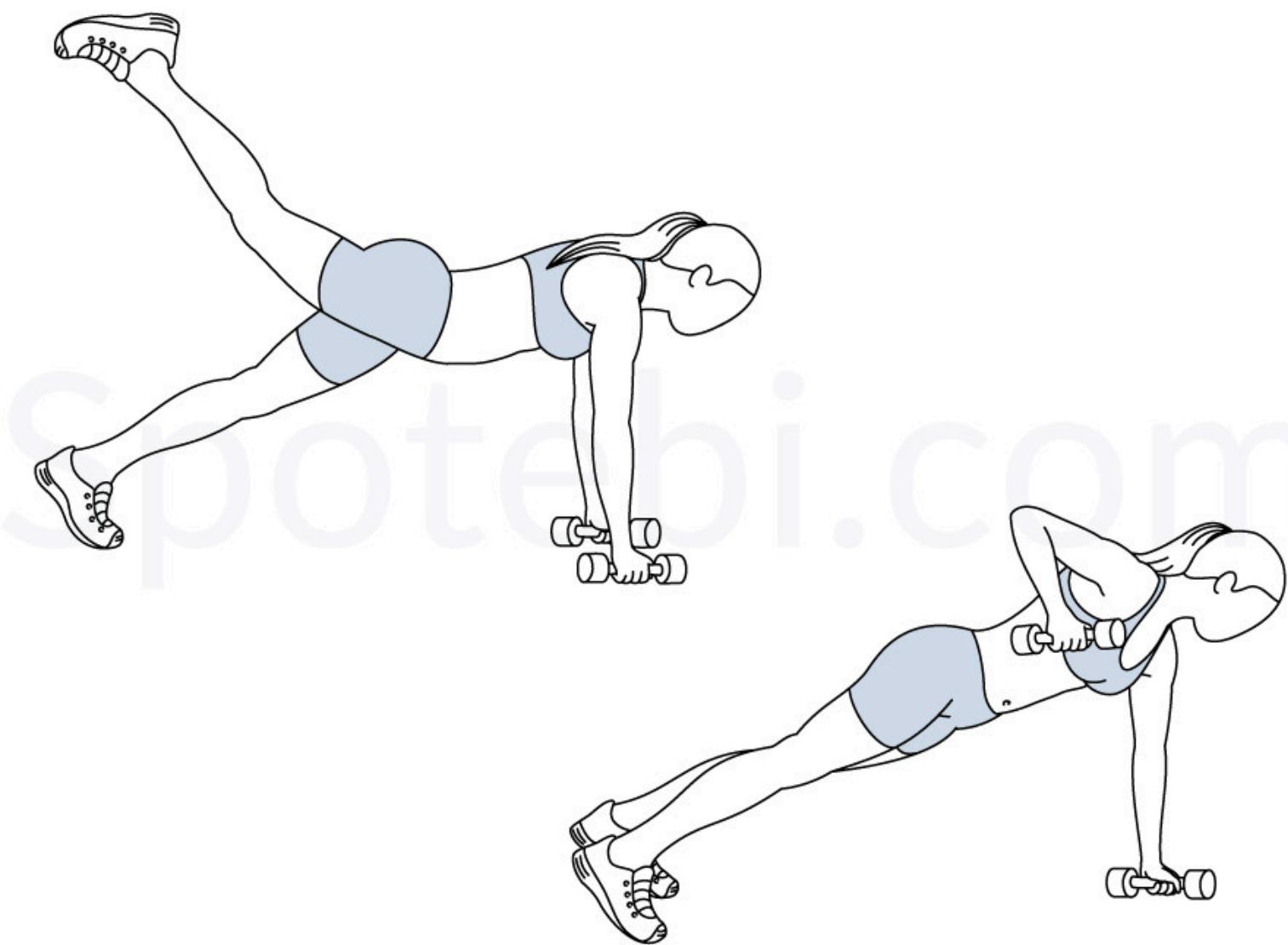
Pilates Swimming



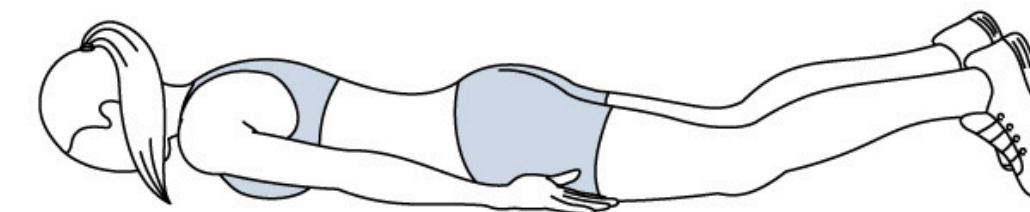
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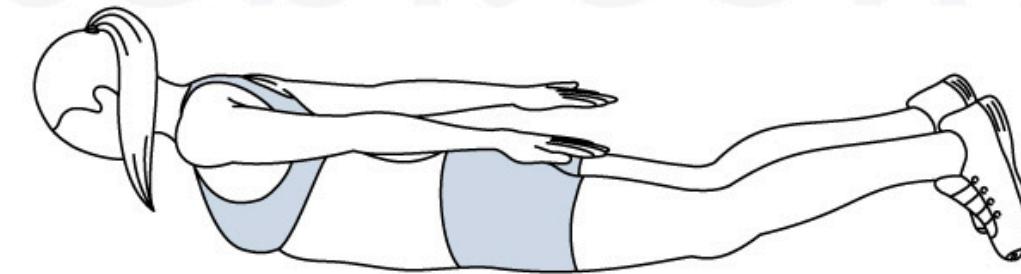
Alternating Plank Row Leg Raise



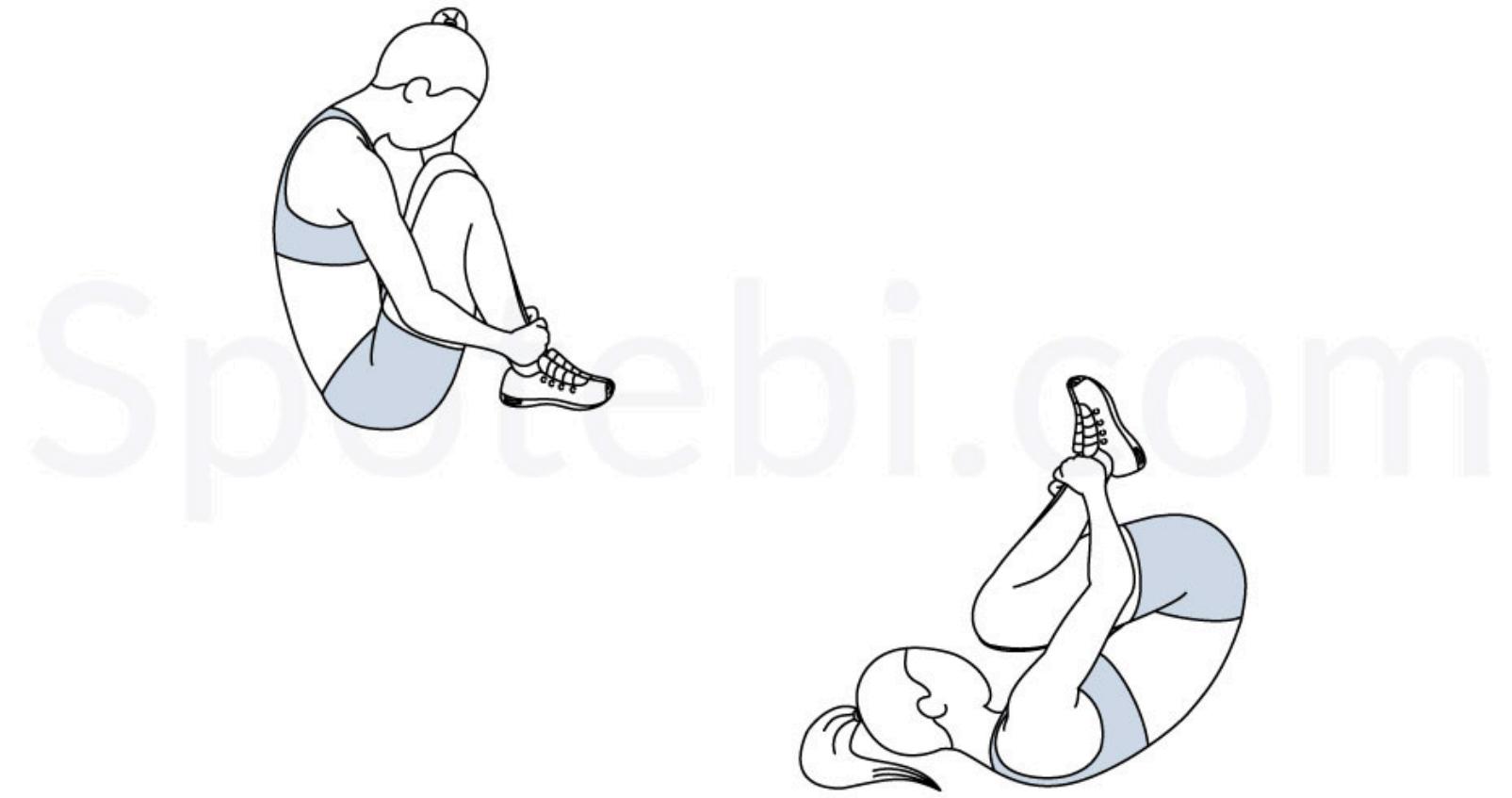
Prone Back Extension



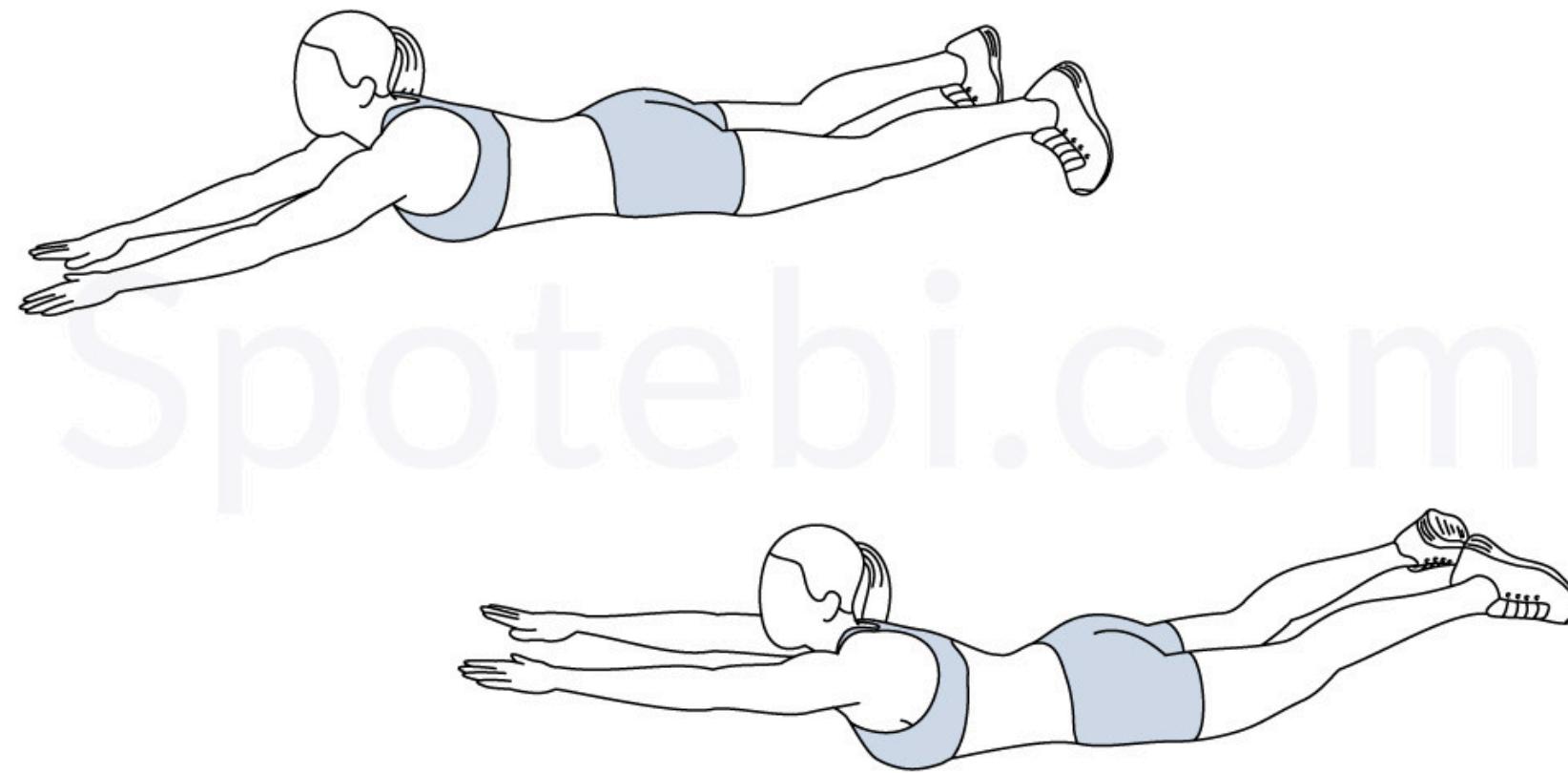
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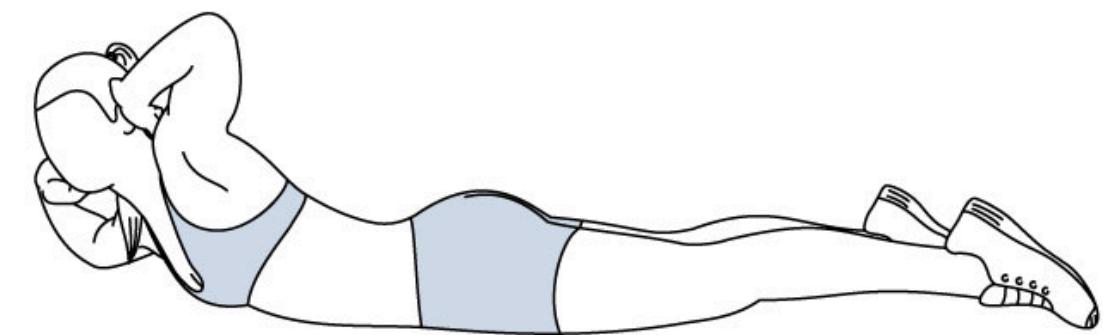
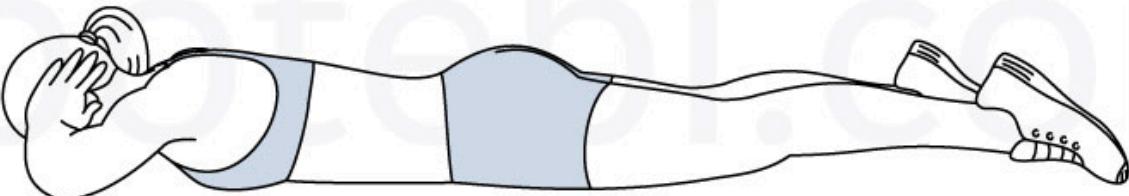
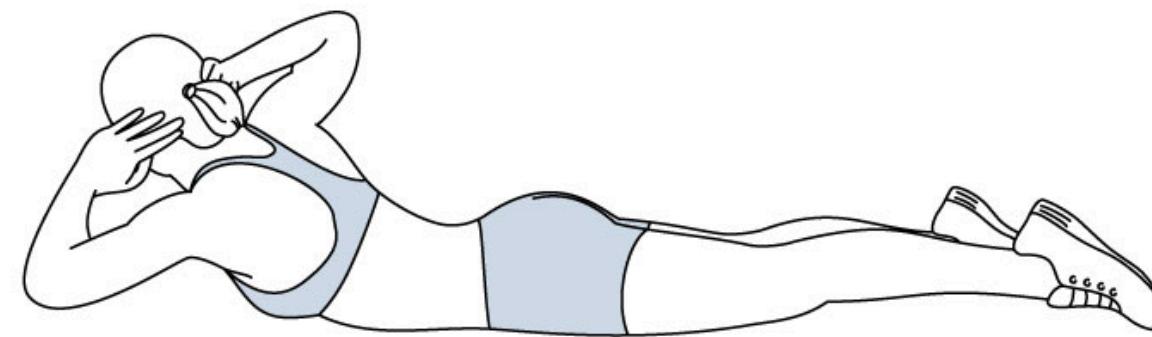
Rolling like A ball



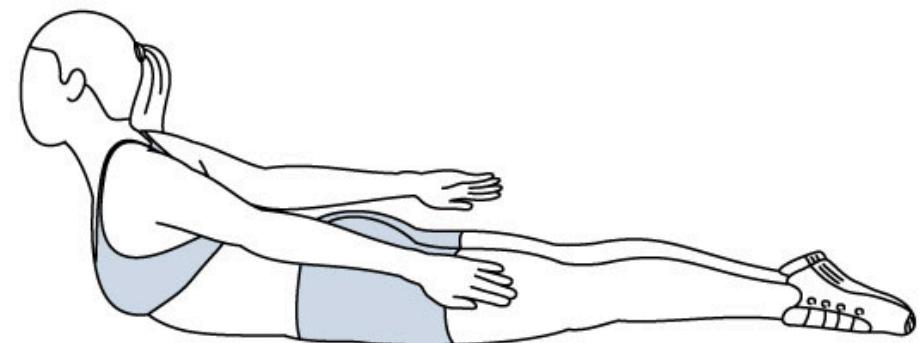
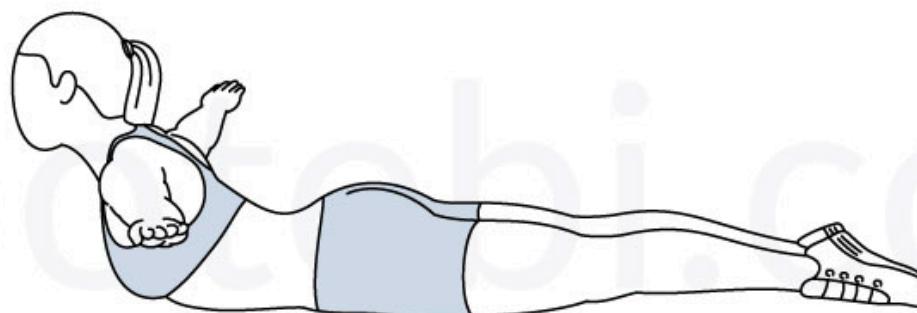
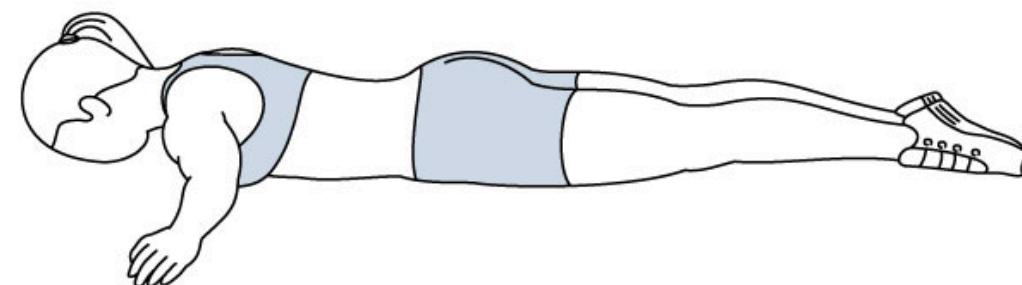
Superman



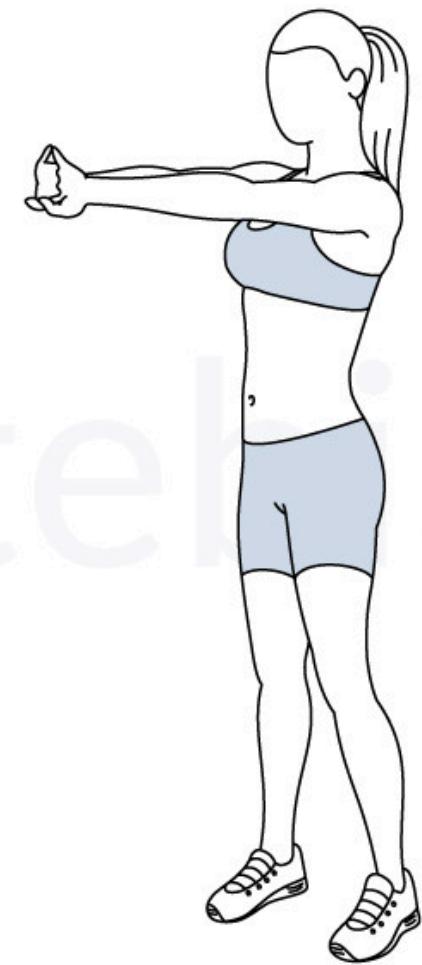
Superman Twist



T Press

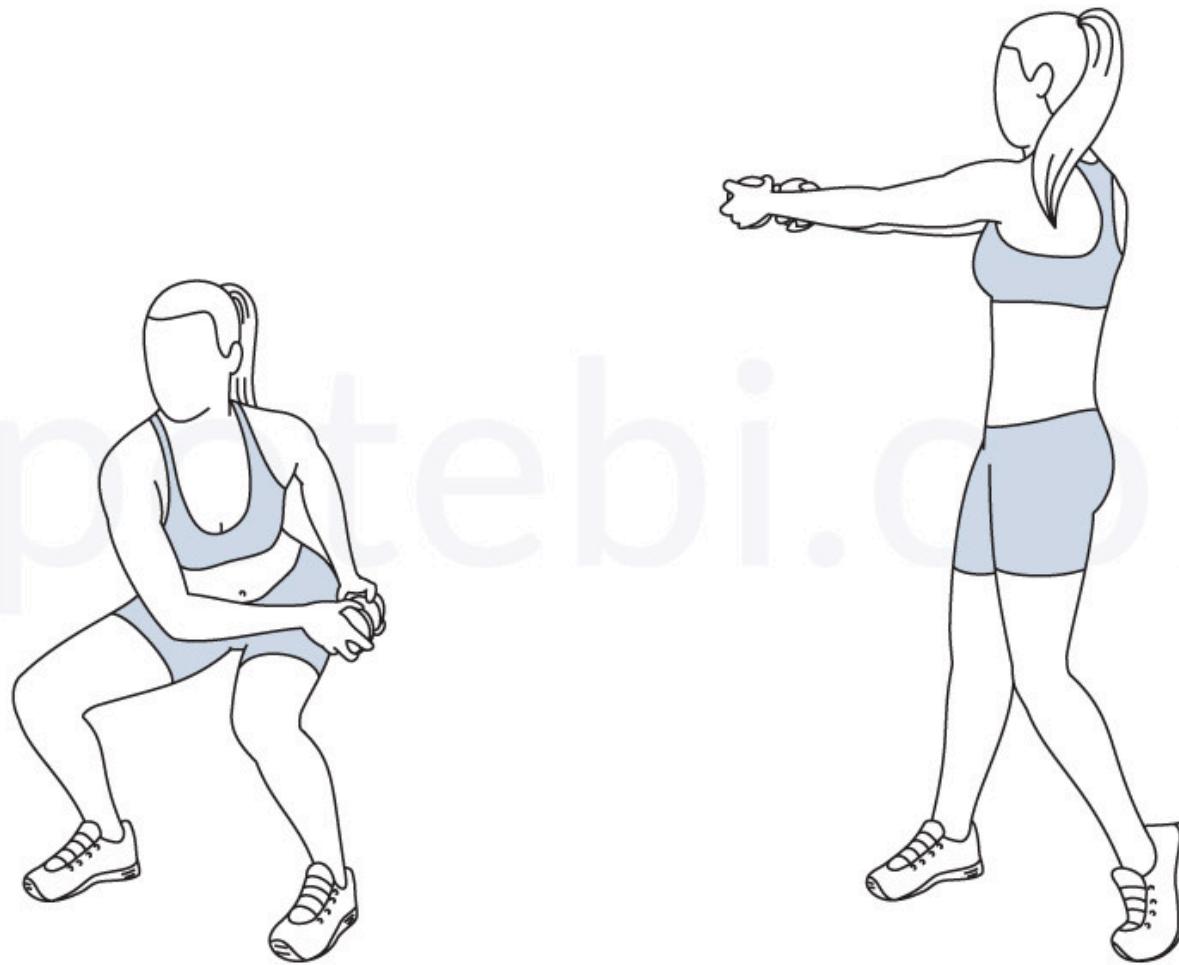


Upper Back Stretch.



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Waist Slimmer Squat



Wide Row



Wood Chop

