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Note: L+R= left and right side

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FITNESS TRAINING EXERCISES

1	2	3	4	5	
		Plank			
20 reps, 3 sets	20 reps	Hold up to 1 min, rest	3mins	10-15 reps	
		10s, 3 sets			

6	7	8	9
20 reps, 3 sets (L+R)	20 reps, 3 sets (L+R)	20 reps, 3 sets (L+R)	20 reps, 3 sets
			(L+R)