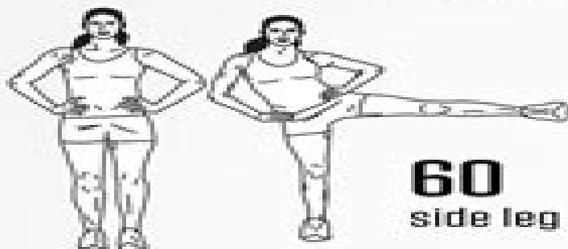


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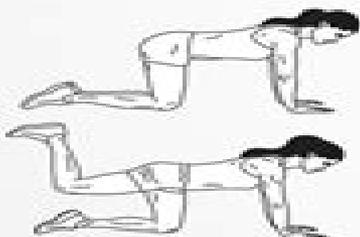
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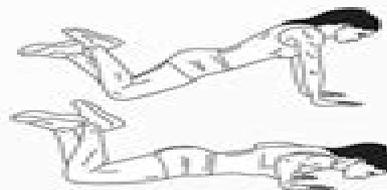
60
side leg raises



20
knee-to-elbows



60
leg extensions



20
knee push-ups
in total



30
half wipers



20
split wipers

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