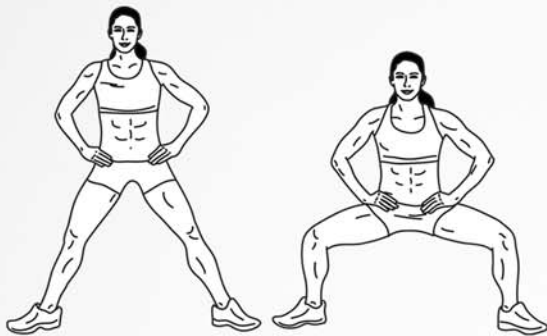


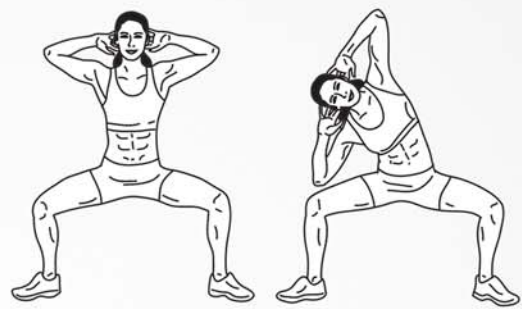
Andromeda

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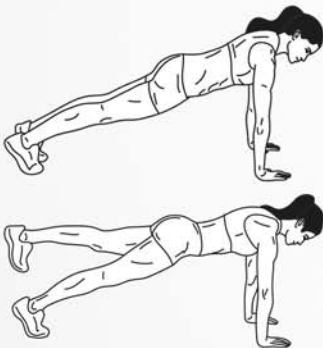
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



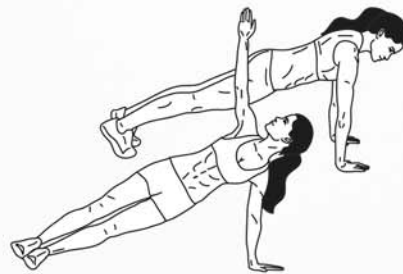
20 wide squats



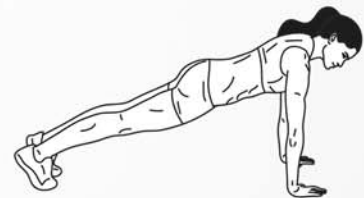
20 squat hold side bends



10 plank leg raises



10 plank rotations



20sec plank hold



10 bridges



10 single leg bridges



10 toe taps