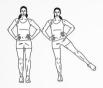
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40 side leg raises x 2 sets in total no rest between sets - 1 set per leg



10 twists x 4 sets in total



40 leg swings x 2 sets in total no rest between sets - 1 set per leg



10 knee-to-elbows x 4 sets in total 20 seconds rest in between sets