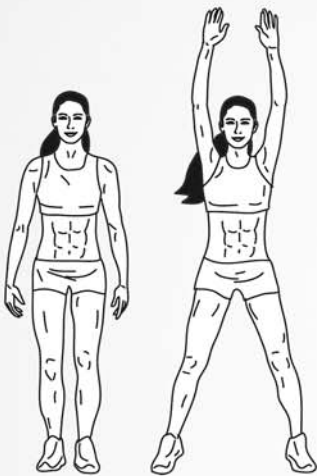


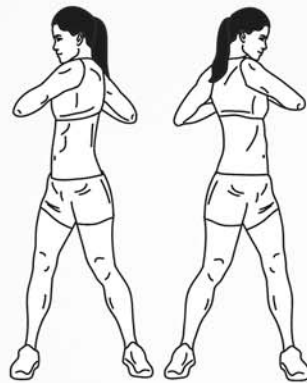
Love Handles

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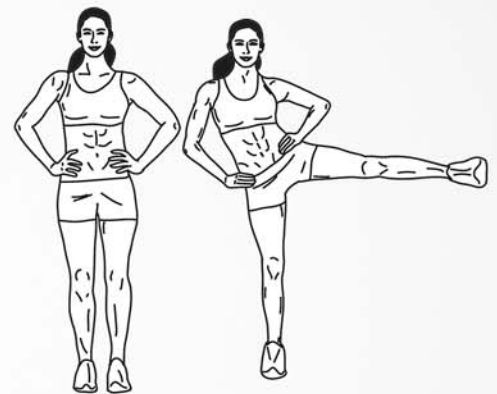
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 jumping jacks



10 twists



30 side leg raises



30 side bridges



30sec side plank hold



30 side leg raises