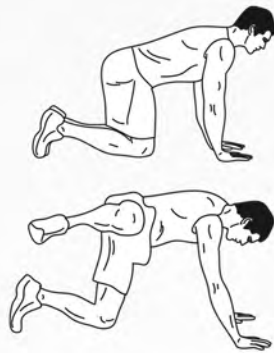


# P.S.

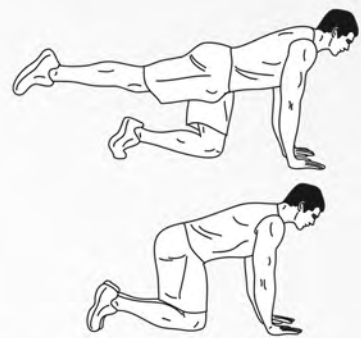
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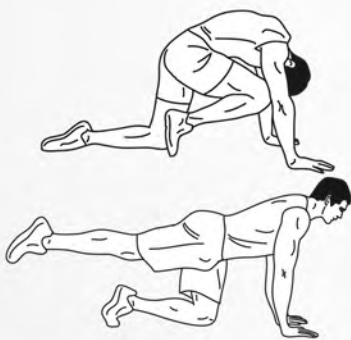
**40** leg extensions



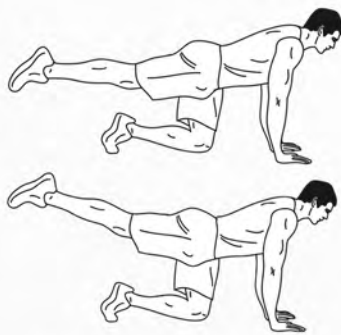
**40** side leg extensions



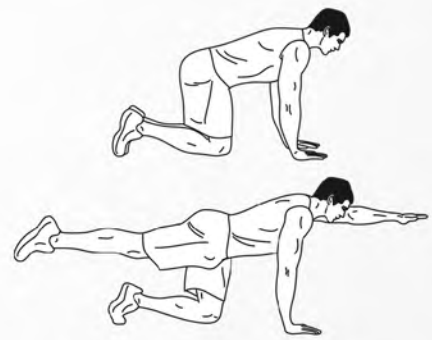
**40** straight leg extensions



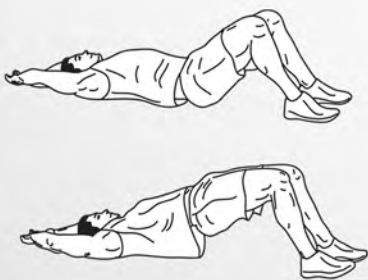
**40** knee in extensions



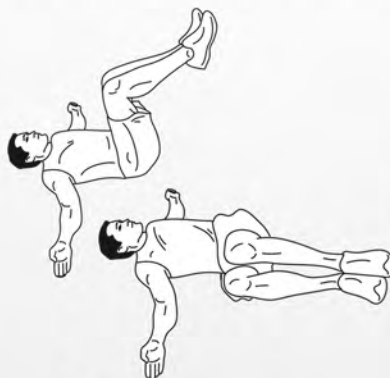
**40** extended swings



**40** alt arm / leg raises



**10** bridges



**10** half wipers



**10** knee hugs