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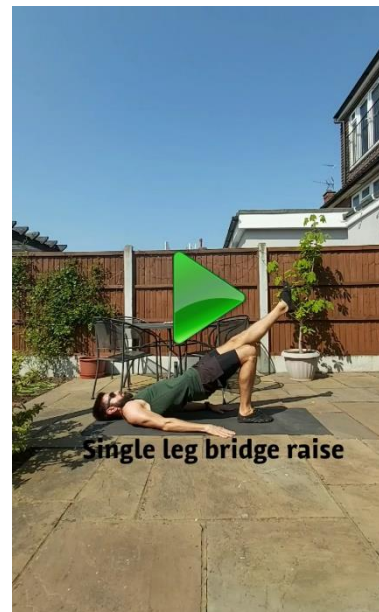
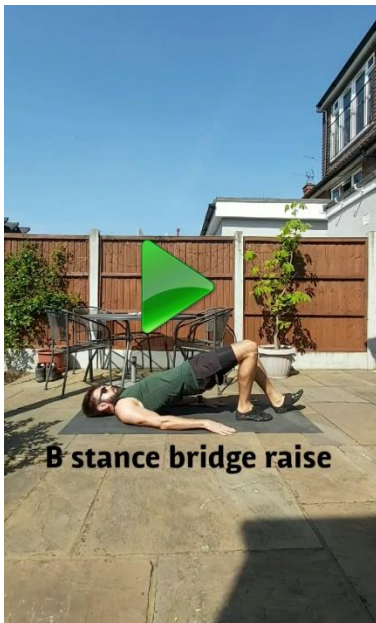
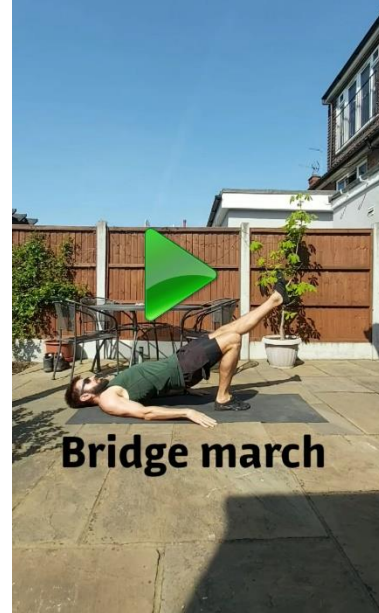
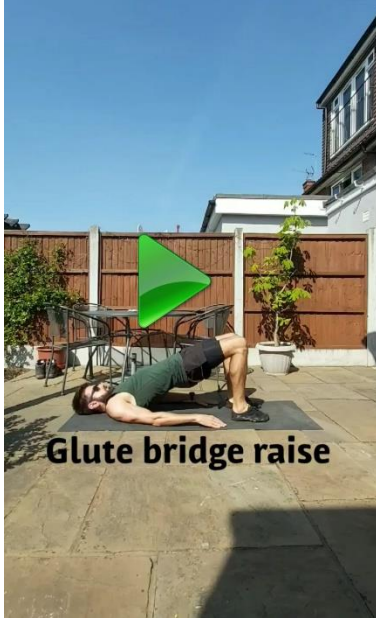
MOVE BETTER FEEL BETTER

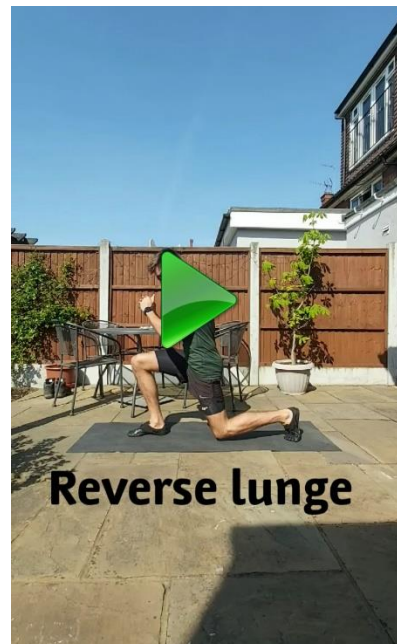
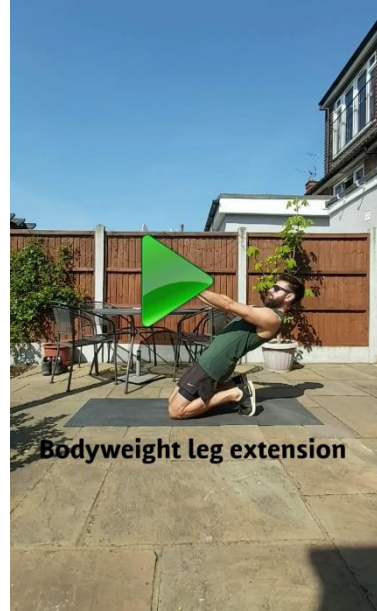
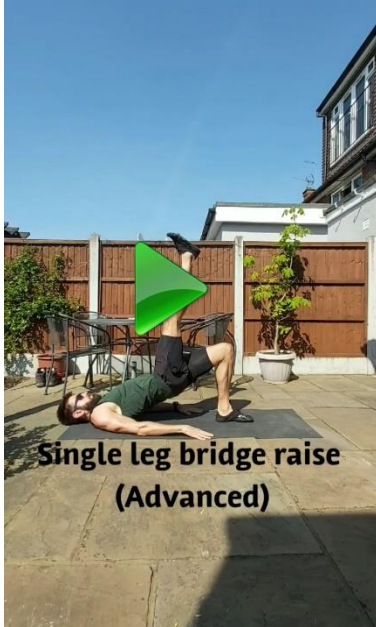
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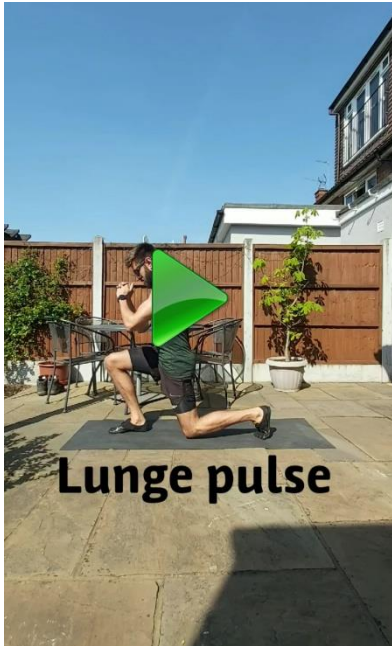
# EXERCISE LIBRARY

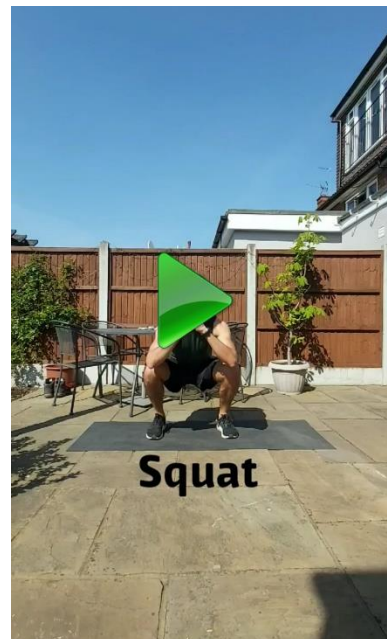
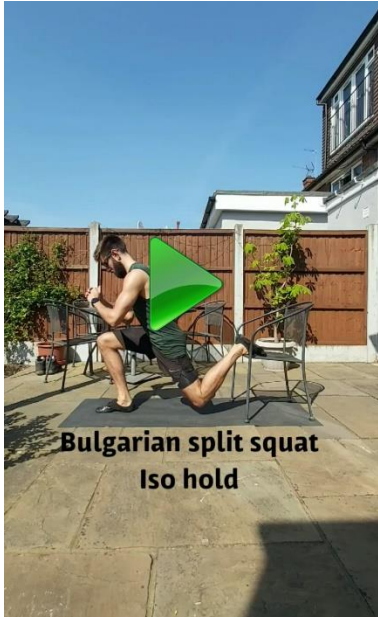
## LOWER BODY

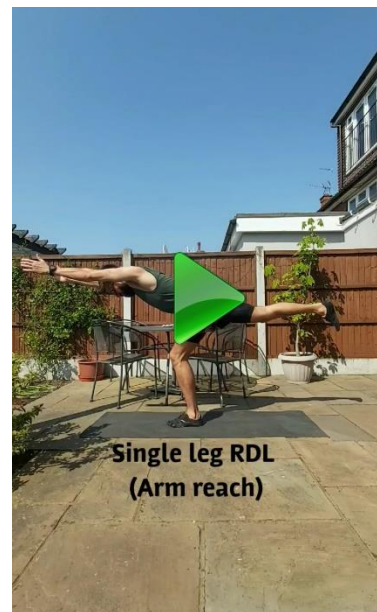
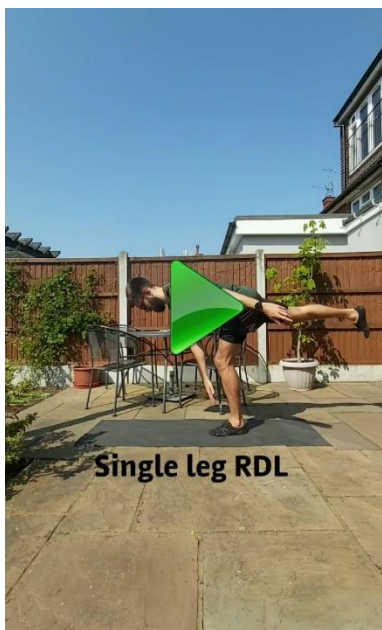
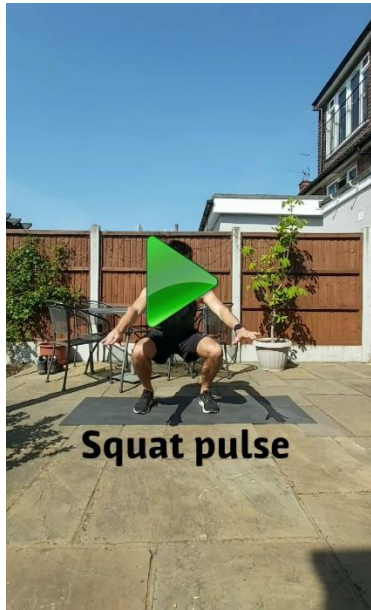


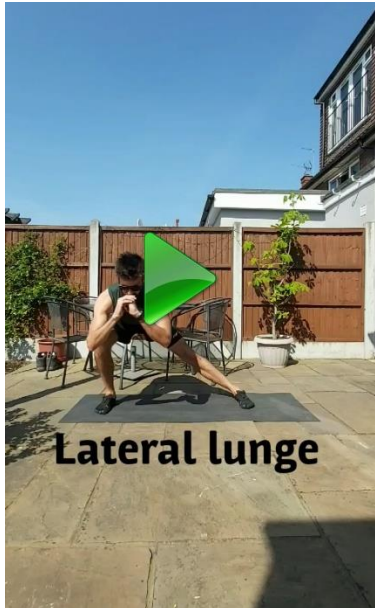
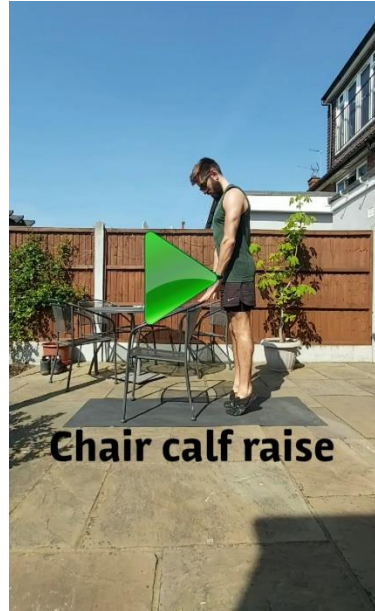
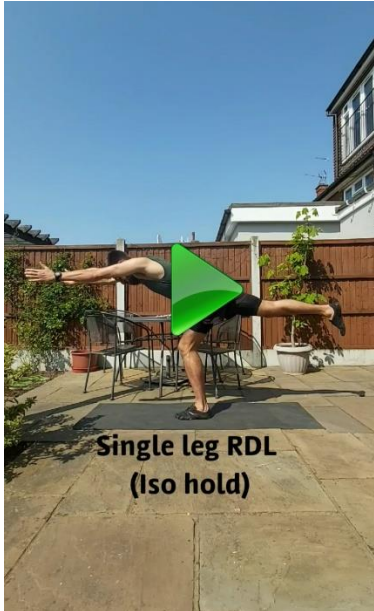






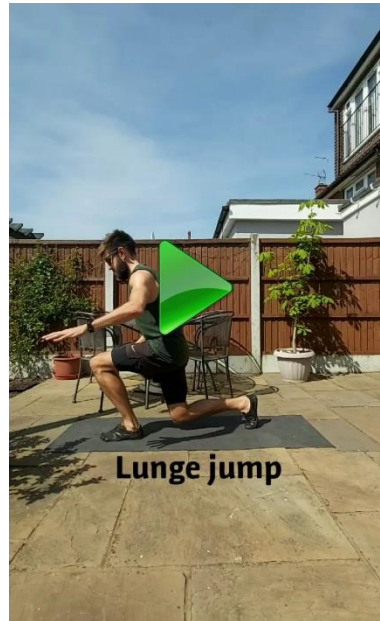








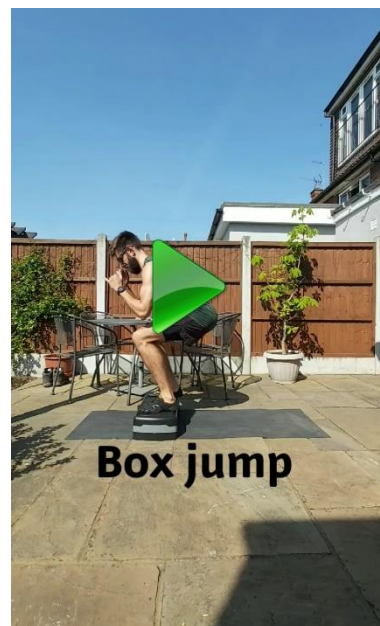
**Skater jump**



**Lunge jump**



**Squat jump**



**Box jump**



