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| IMG_0629.JPG  Wall squat with Gym Ball | IMG_0632.JPG |

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| IMG_0610.JPG  Picture Ball Reverse Plank | IMG_0592.JPG  Ball reverse plank with knee flexion |

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| IMG_0612.JPG  Picture: Side ways walk to build | IMG_0613.JPG  Glutues Medius with resistance band |