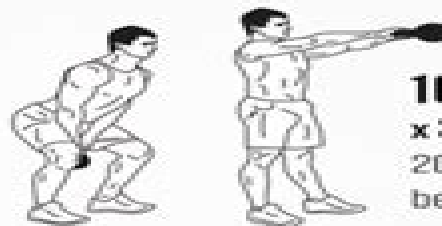


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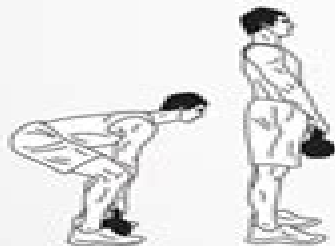
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2 minutes rest between exercises



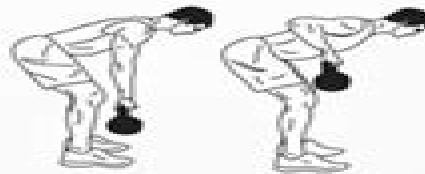
10 squats
x 3 sets in total
20 seconds rest
between sets



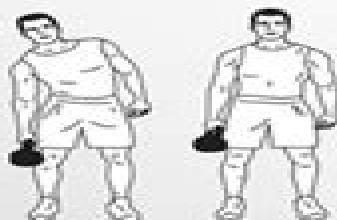
10 swings
x 3 sets in total
20 seconds rest
between sets



10 deadlifts
x 3 sets in total
20 seconds rest
between sets



10 bent over rows
x 3 sets in total
20 seconds rest
between sets



10 side bends
x 3 sets in total
20 seconds rest
between sets



10 bicep curls
x 3 sets in total
20 seconds rest
between sets

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