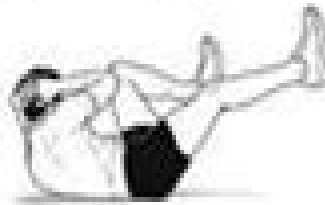
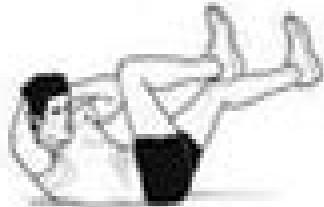


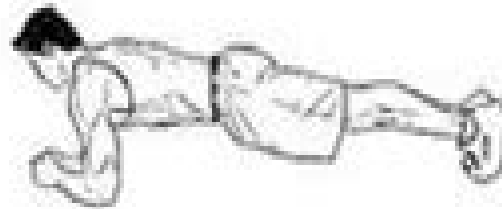
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2-4 Sets

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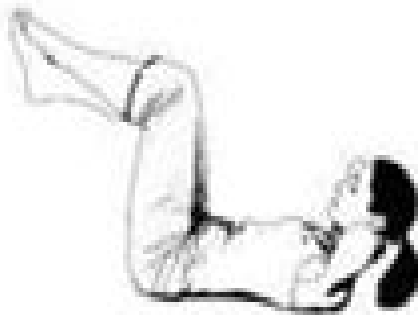
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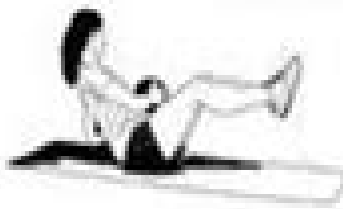
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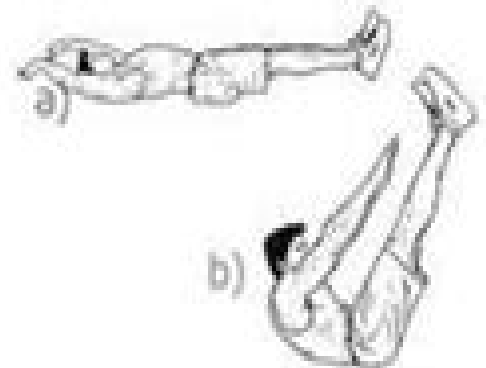
4. 30 raised knee crunches



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