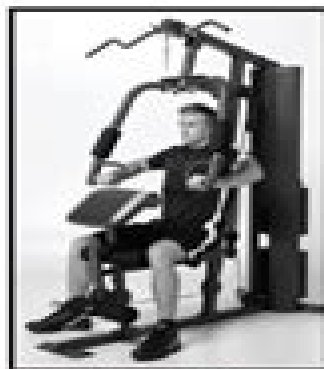




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MUSCLE EMPHASIS: OUTER THIGH



LEG KICK BACK
MUSCLE EMPHASIS: GLUTES/LEG



INNER LEG KICK
MUSCLE EMPHASIS: INNER THIGH



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