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BEACH BODY RORA 4-WAY CORE (EXERCISE BALL)

BARBELL 3-WAY LEG RAISES BARBELL LEG RAISES

BICYCLES CRUNCHES TIPS: 1. Side crunch without twisting 2. Support neck 3. Squeeze glutes 4. Same

reps for all sides TIPS: 1. Moves legs not the bar.

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an exercise mat or floor, positioning your knees and feet hip-width apart, with your feet dorsi-flexed (toes pointing towards your body). Step 2 Slowly lean forward to place your ... Learn More. Exercise Database & Library | Featured Exercises from ACE Exercise Library Beach Body Program GYM EXERCISES PAGE 3 EERCISE LIBRARY BEAC BOY RORA 4-WAY CORE (EXERCISE BALL) BARBELL 3-WAY LEG RAISES BARBELL LEG RAISES BICYCLES CRUNCHES TIPS: 1. Side crunch without twisting 2. Support neck 3. Squeeze glutes 4. Same reps for all sides TIPS: 1. Moves legs not the bar. Exercise Library Beach Body Program Katya Read Free Exercise Library Beach Body Program Katya cryptographic, hewlett packard c4180 manual, how

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