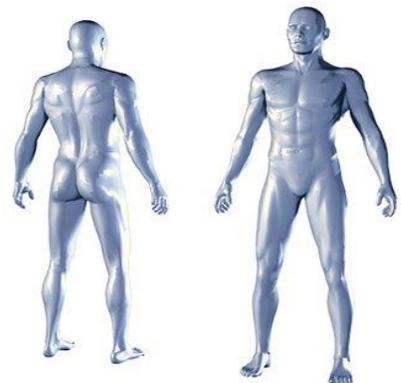




Exercise:	Date:												
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**Areas of focus:**

- Calves
- Hamstrings
- Quadriceps
- Hips
- Glutes
- Lower back
- Abdominals
- Upper back
- Shoulders
- Chest
- Neck



**Strategy:** \_\_\_\_\_

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