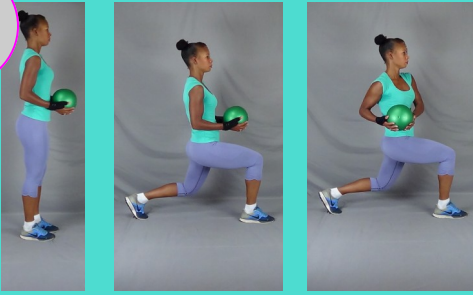


SIX LUNGES YOU SHOULD TRY

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1



10 REVERSE LUNGE W/TWIST X 3

2



10 LUNGE W/FRONT RAISES X 3

3



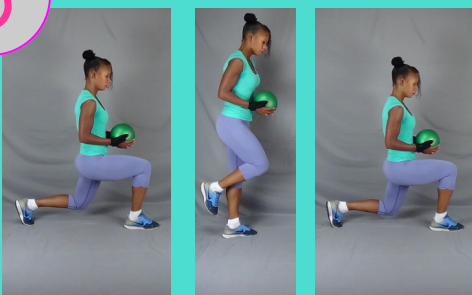
10 JUMP LUNGES X 3

4



10 SWITCH LUNGE W/KICK X 3

5



10 DOUBLE LUNGES X 3

6



10 ALT. SIDE LUNGE W/TWIST X 3

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