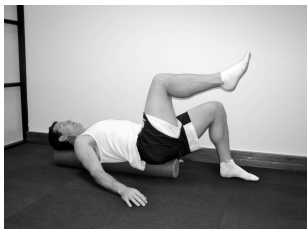
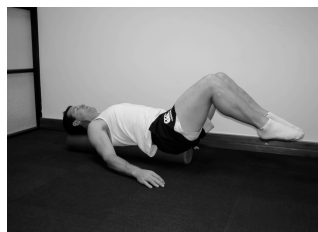
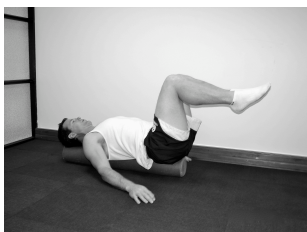


FOAM ROLLER CORE EXERCISES 2



OBLIQUE PRESS



DOUBLE LEG TOE TAPS



ROLL DOWNS

Notes:

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