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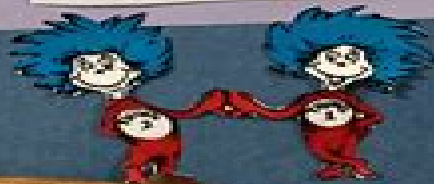
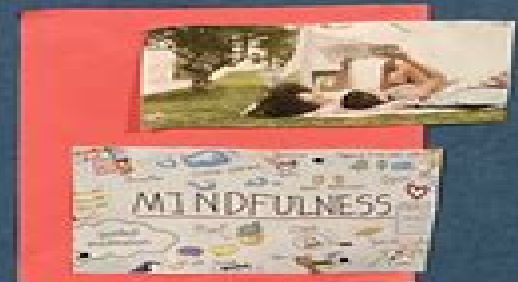
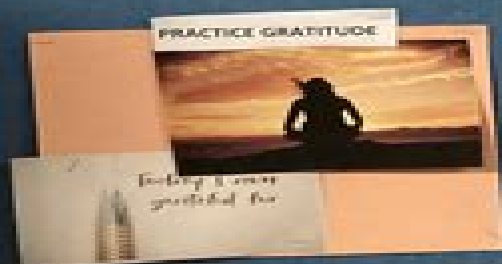
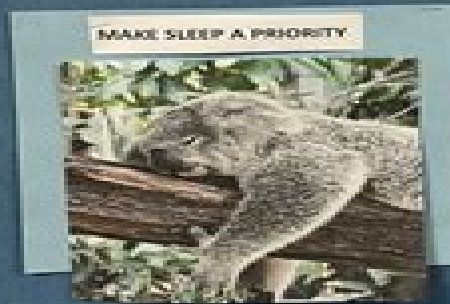
Push-ups

1-2-3 Squats

Lunges

Sit-ups

EARLY EXERCISE



Ideas Mental Health

Emilie Sanchez



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