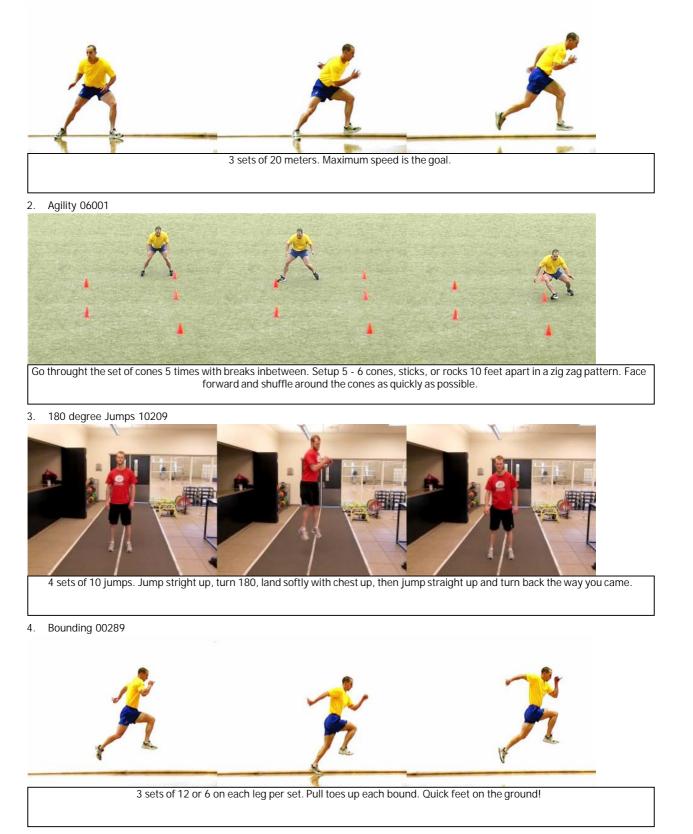
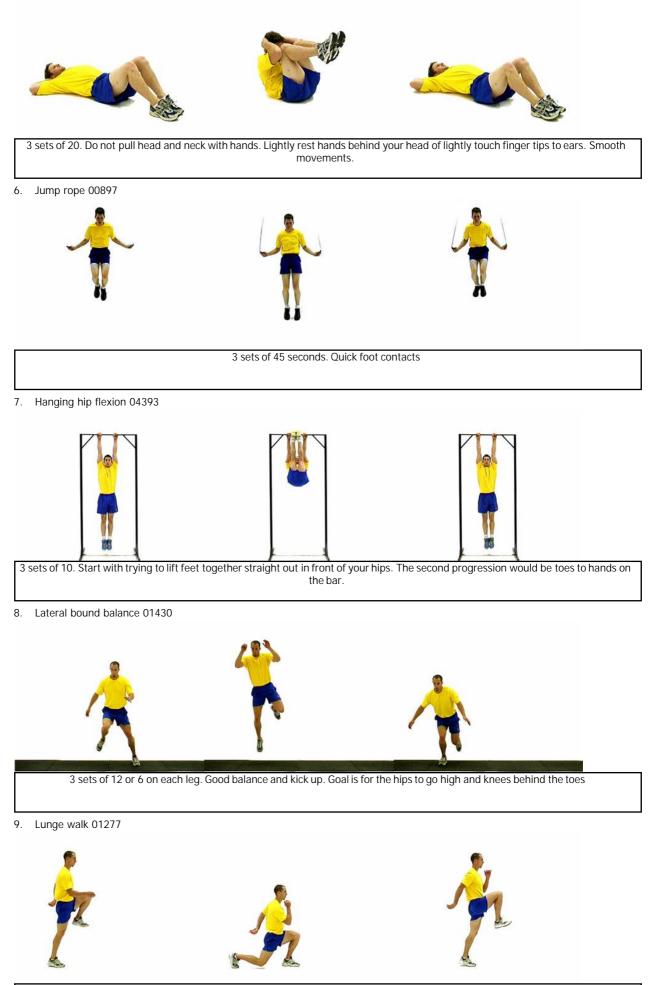


1. Shuffle acceleration 05956

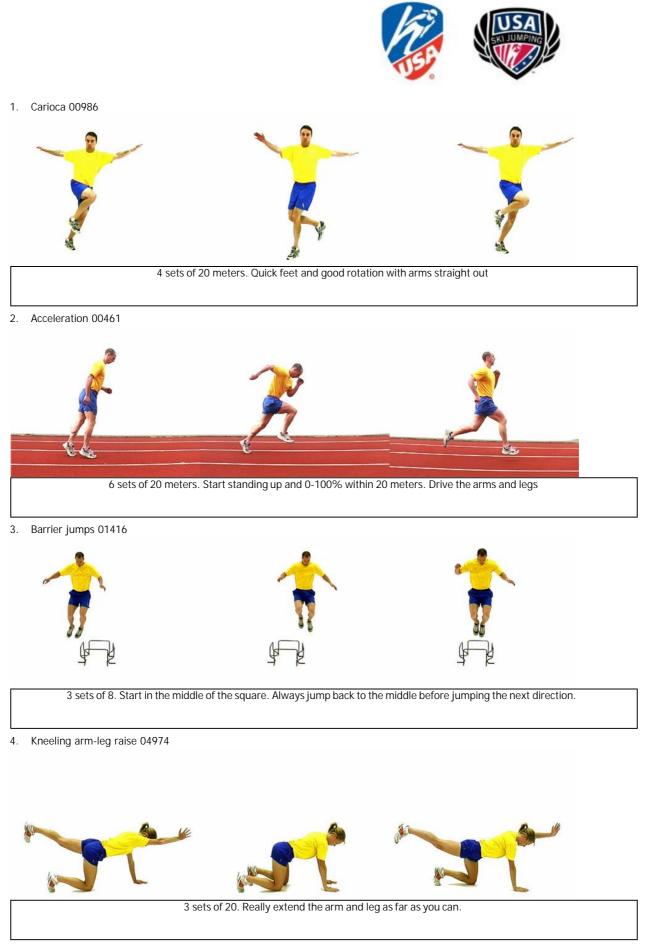


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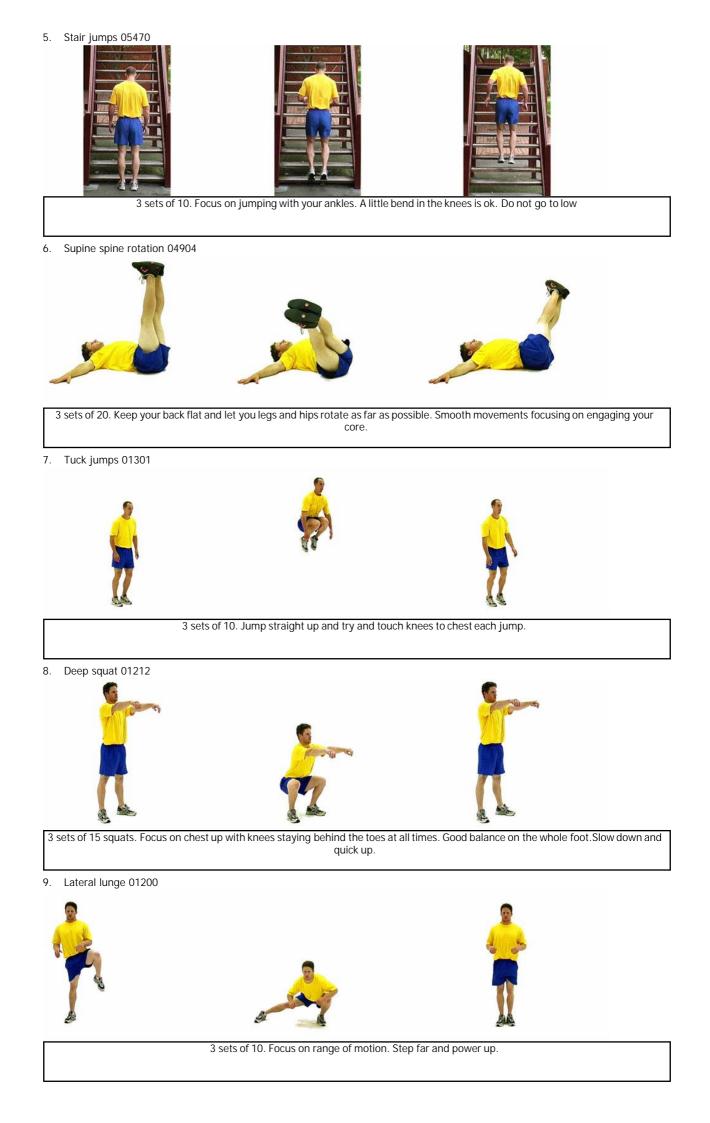
5. Sit up hip flexion 01225

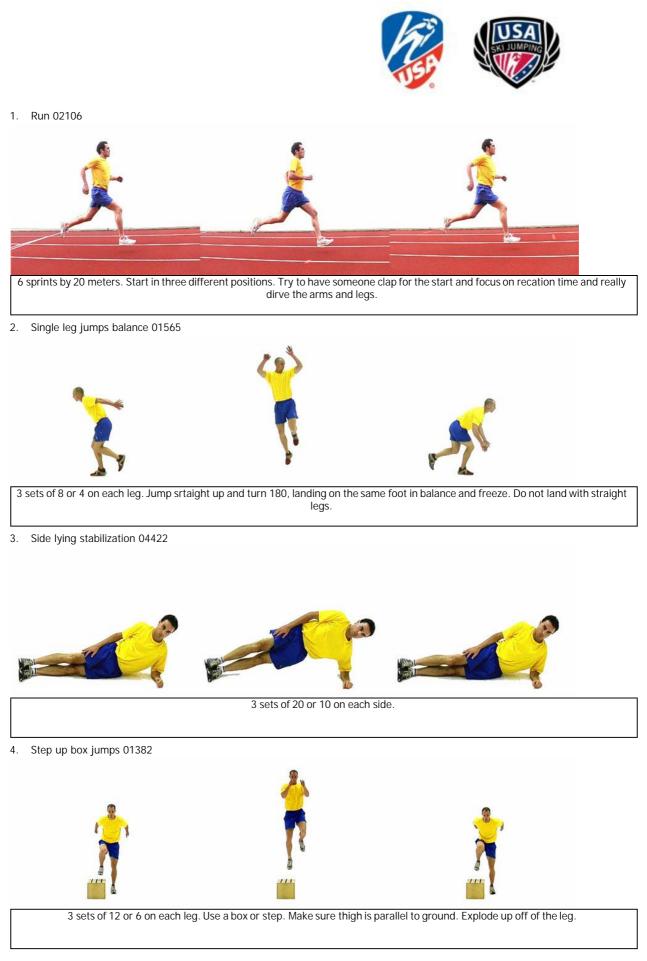


3 sets of 12 or 6 on each leg. Step far with the front leg so you stretch the hips at the same time. Go for depth and far strides.



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