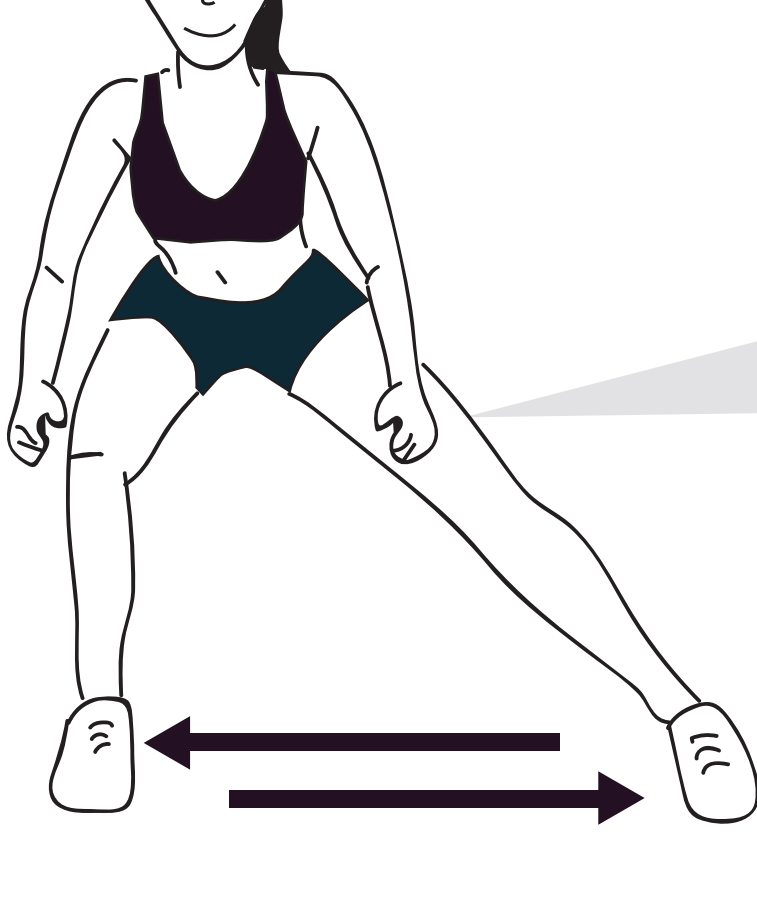




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MOTIVATION TO LOSE WEIGHT

The Best Leg Workout



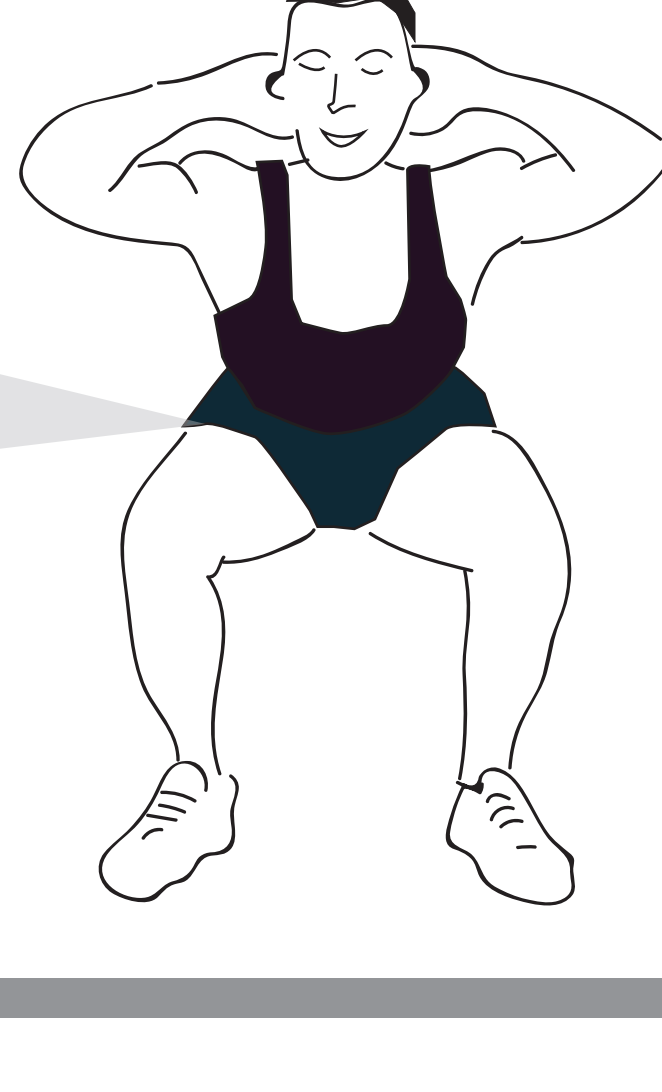
(each leg)

10

Side Lunges

20

Squats



30

Side To Side Leg Swing

(15 each leg)



40

Lying Side Leg Lift

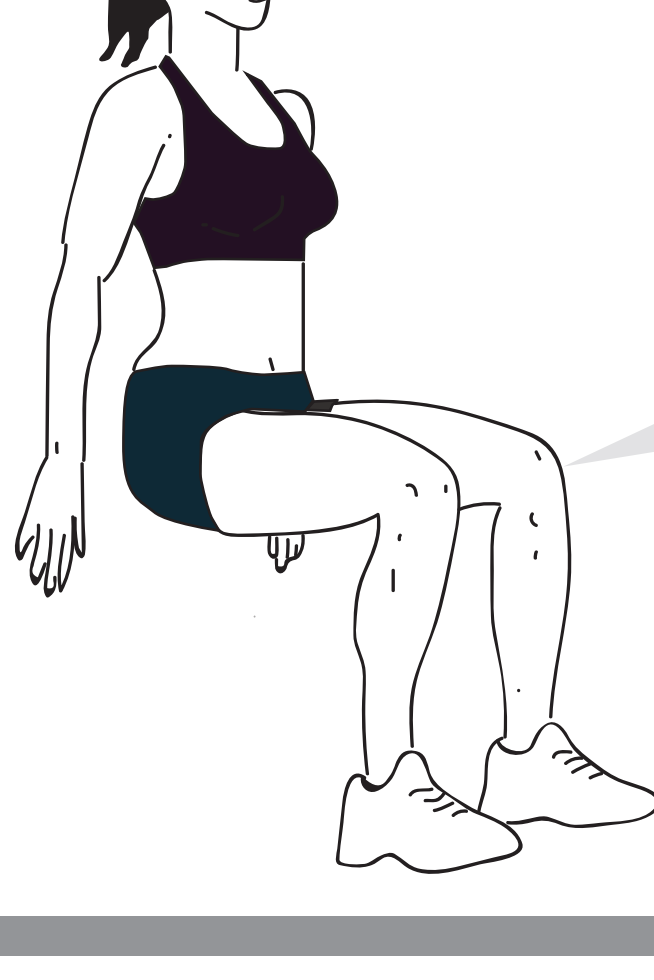
(20 each leg)



50

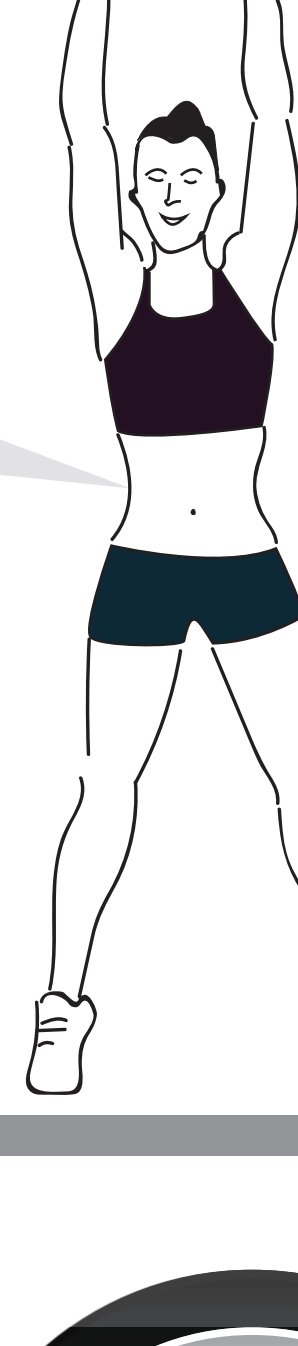
Second

Wall Sit



100

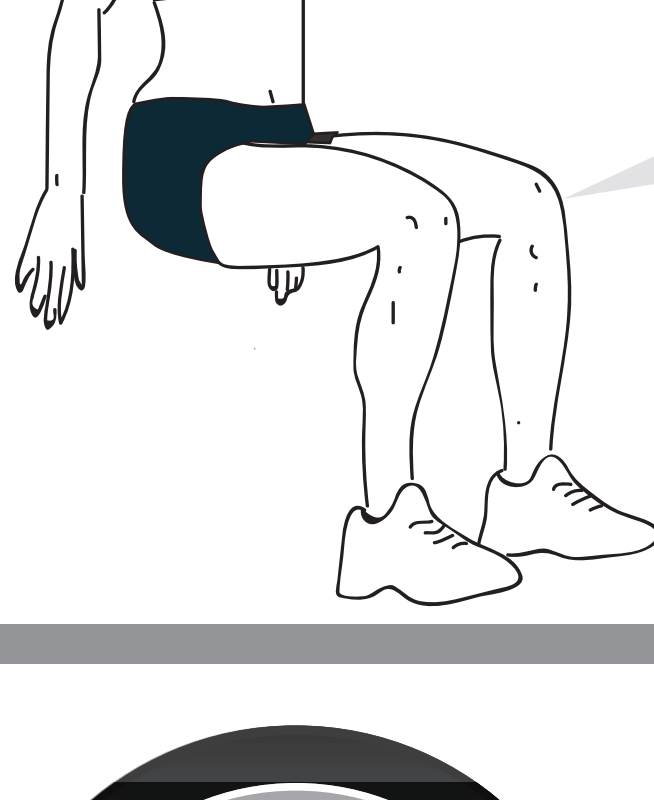
Jumping Jacks



50

Second

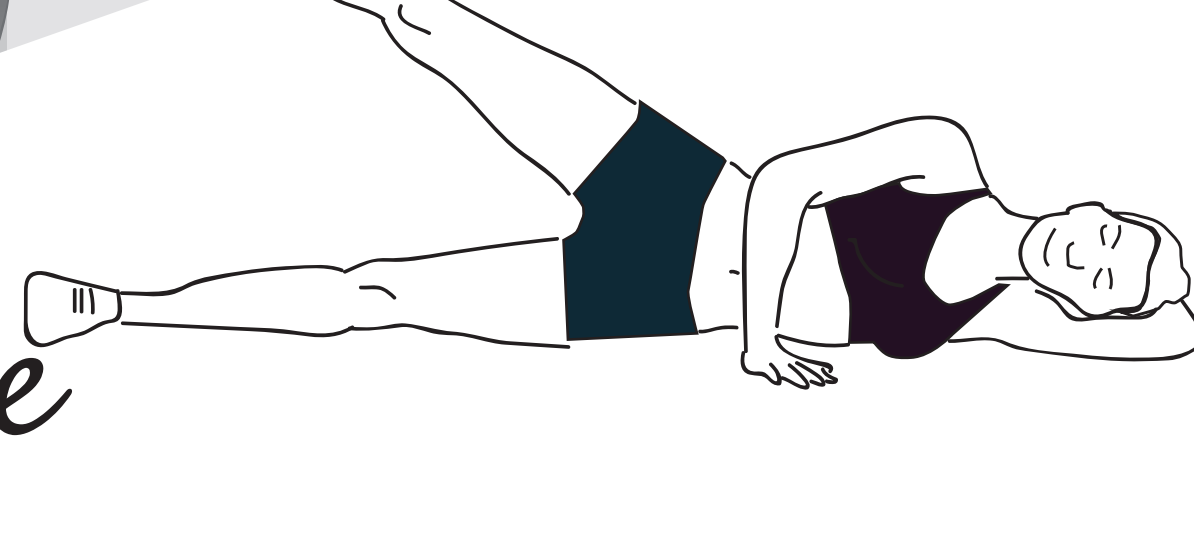
Wall Sit



40

Lying Side Leg Lift

(20 each leg)



30

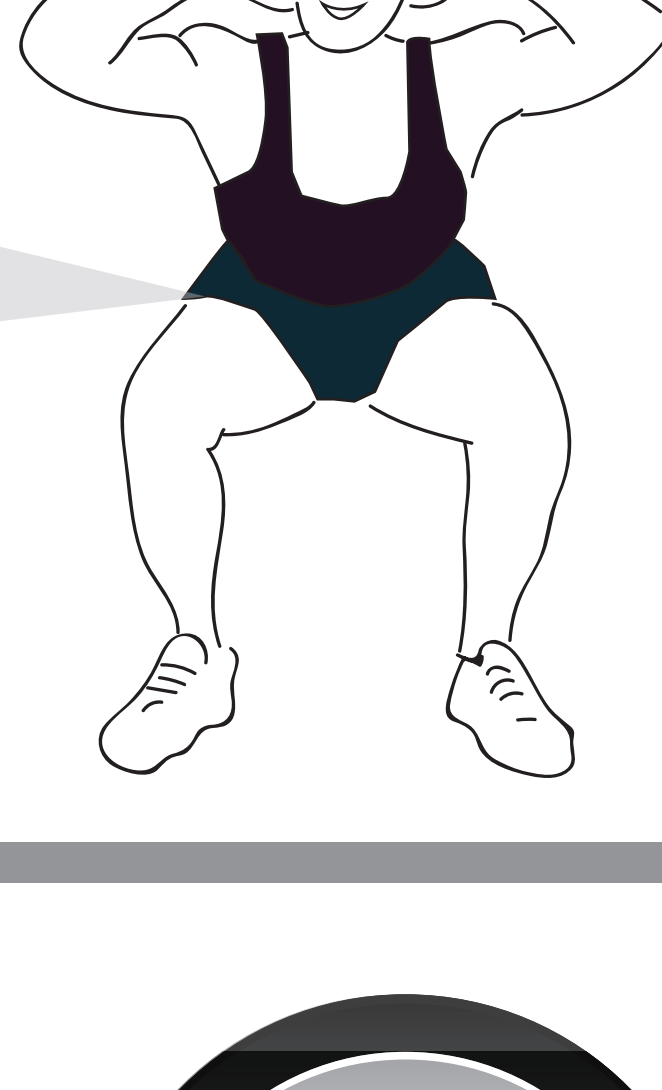
Side To Side Leg Swing

(15 each leg)



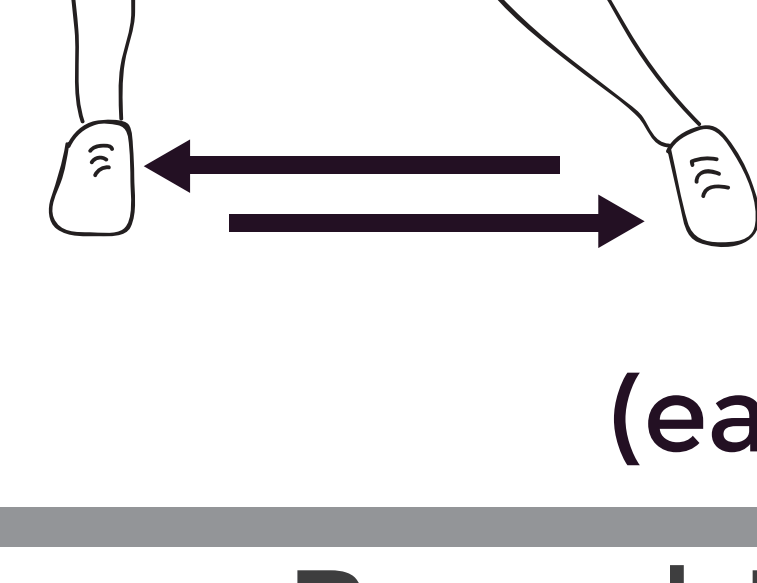
20

Squats



10

Side Lunges



(each leg)

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