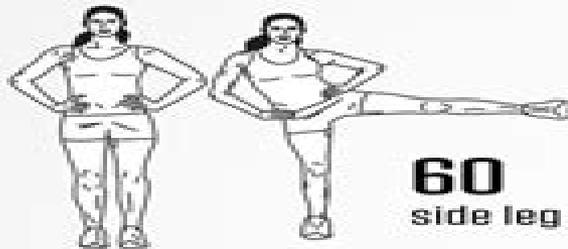
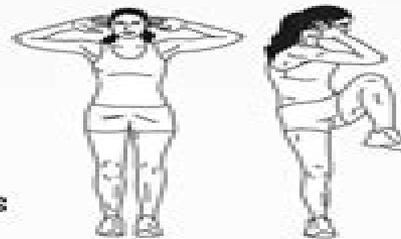


# everyday WORKOUT

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**60**  
side leg raises



**20**  
knee-to-elbows



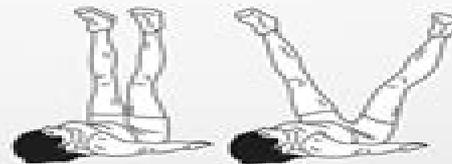
**60**  
leg extensions



**20**  
knee push-ups  
in total



**30**  
half wipers



**20**  
split wipers

# Daily Work Outs Introductory

**SA Dillow**



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