

POWER UP

Day 6

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30sec micro squats
up & down pulse



30sec squat hold



30sec micro squats
up & down pulse



30sec side bridges



30sec side bridge hold



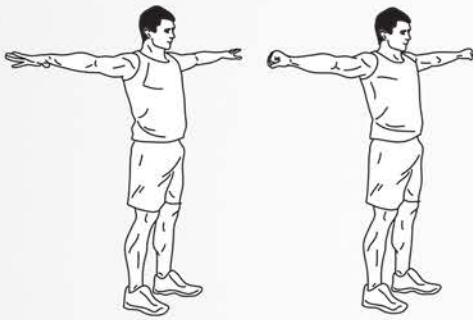
30sec side bridges

change sides and repeat the sequence

POWER UP

Day 8

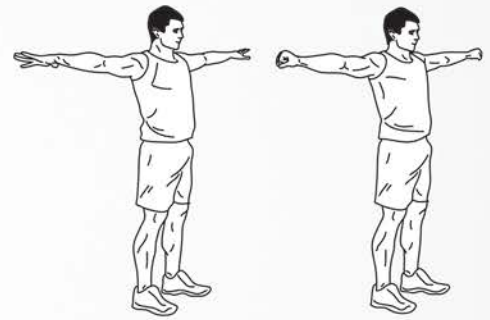
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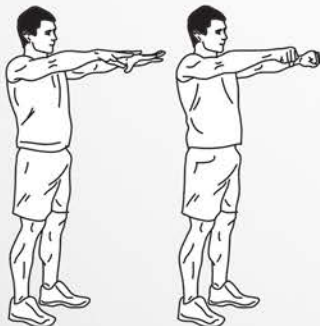
30sec clench - unclench
arms extended to the side



60sec hold
arms extended to the side



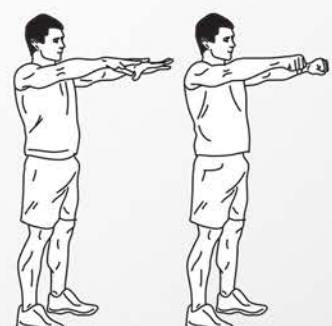
30sec clench - unclench
arms extended to the side



30sec clench - unclench
arms extended to the front



60sec hold
arms extended to the front



30sec clench - unclench
arms extended to the front