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Day 17

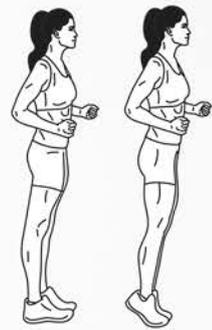
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



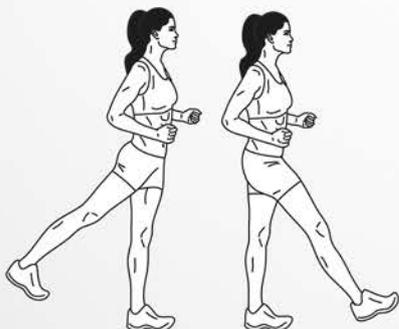
10 lunge step-ups



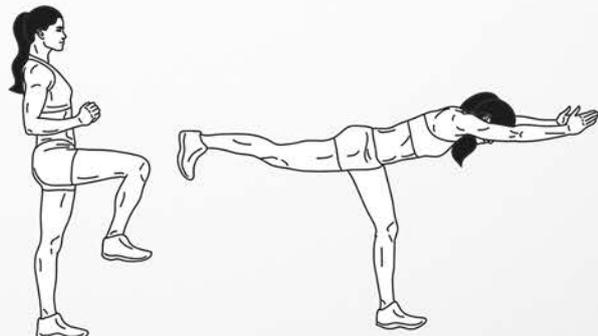
10 march steps



10 calf raises



10 leg swings



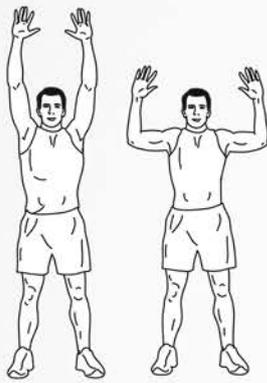
10 single leg deadlifts



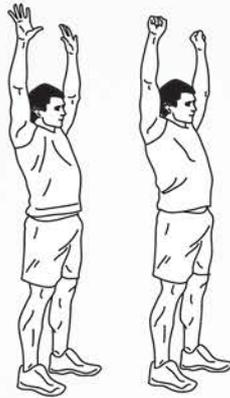
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Day 18

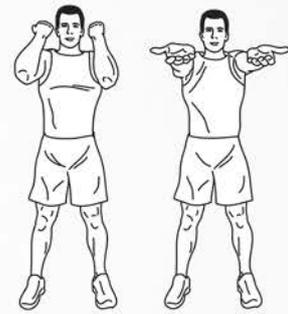
Set a timer for 10 minutes.
Repeat the circuit until the time is up.



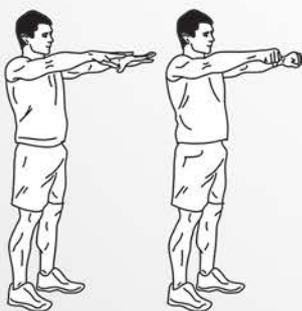
10 W-extensions



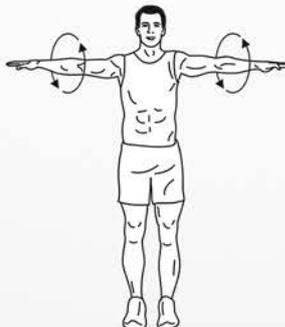
10 clench / unclench
arms overhead



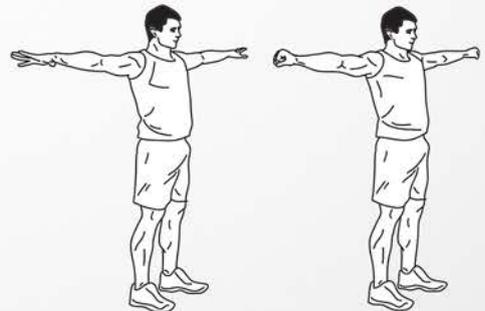
10 bicep extensions



10 clench/unclench
arms forward



10 arm circles



10 clench/unclench
arms to the side