

POWER UP

Day 18

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30sec micro squats
up & down pulse



60sec squat hold



30sec micro squats
up & down pulse



30sec side bridges



60sec side bridge hold



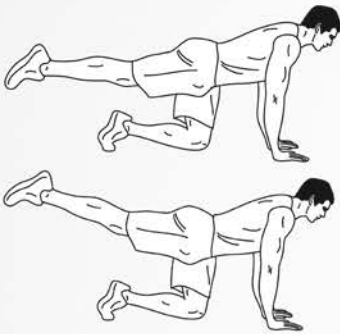
30sec side bridges

change sides and repeat the sequence

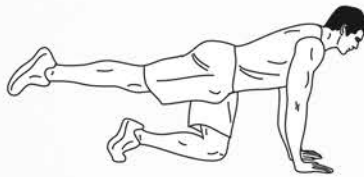
POWER UP

Day 19

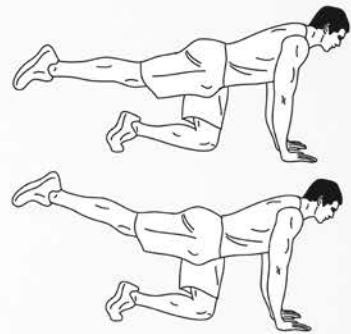
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30sec leg raises



60sec hold



30sec leg raises

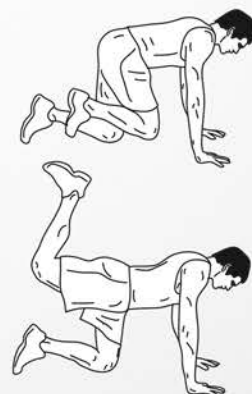
change legs and repeat the sequence



30sec leg extensions



60sec up & down pulse



30sec leg extensions

change legs and repeat the sequence