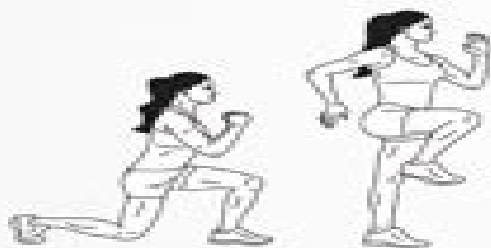


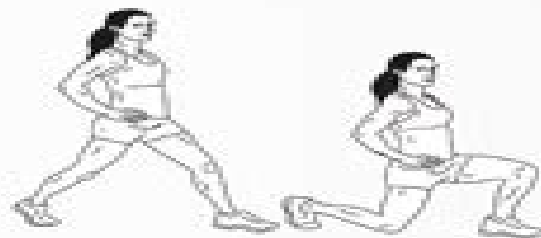
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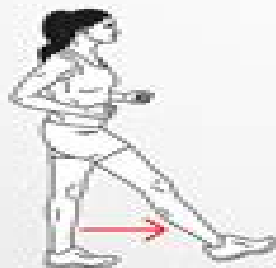
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



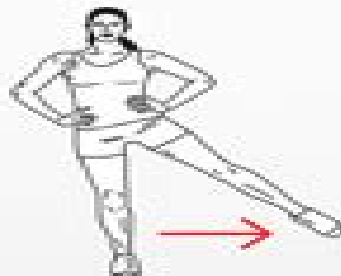
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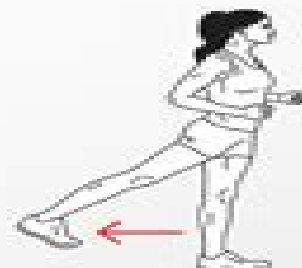
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24 side leg raises



24 back leg raises

Six Week Workout Super Legs

Dave Randolph

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