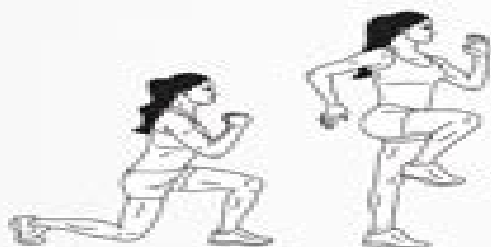


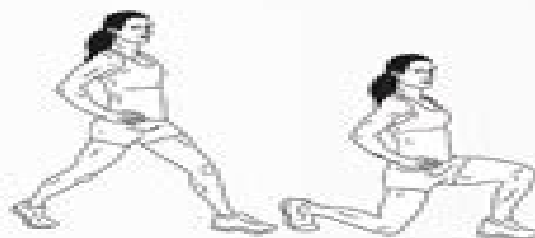
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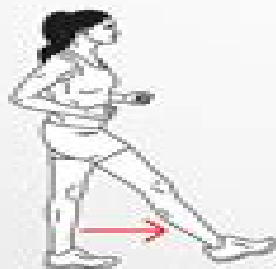
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



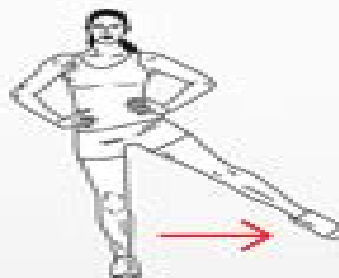
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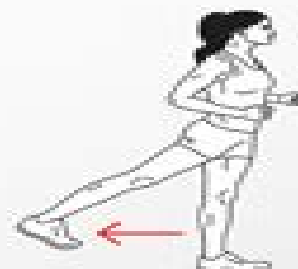
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24 front leg raises



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24 back leg raises

Six Week Workout Super Legs

Judd E. Hollander



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Building Strength and Stamina Wayne L. Westcott, Nautilus Human Performance Systems, 2003 Explains how to exercise with weights and why strength training is important with step by step instructions and photographs describing how to properly perform various strength building exercises

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