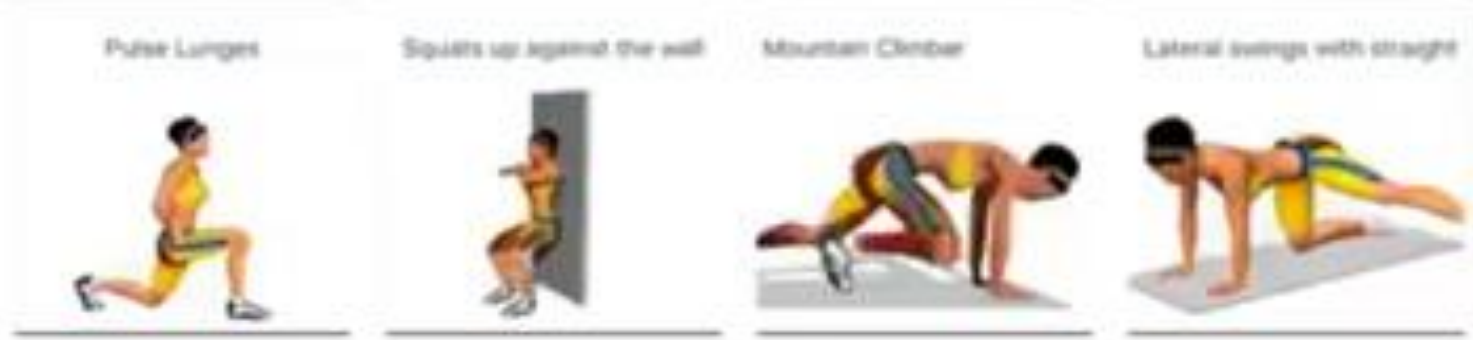
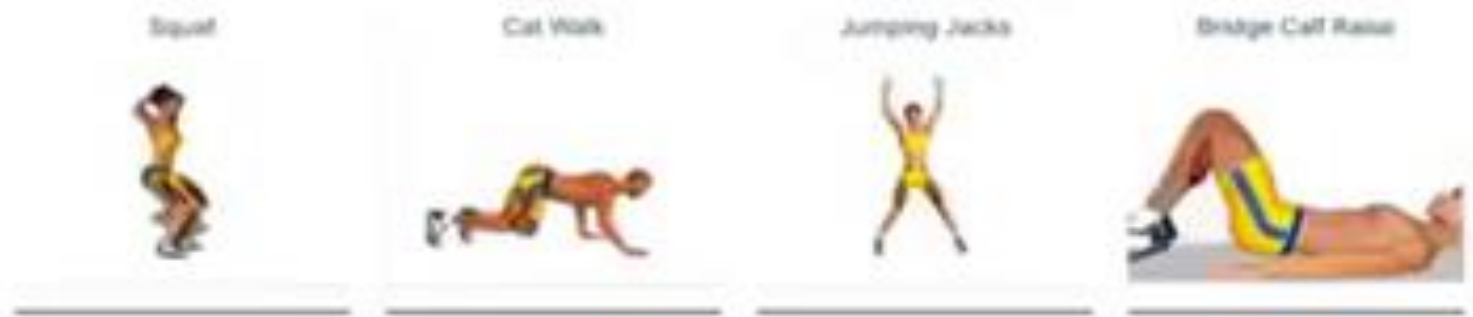


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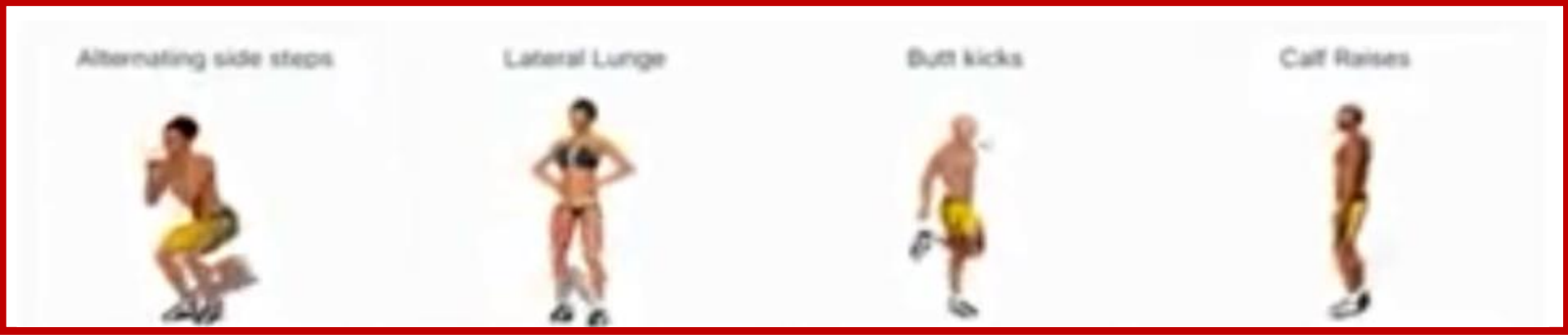
WEEK 7





WEEK 7

10 a 15 reps



- 1 Alternating Side Steps
- 2 Lateral Lunges
- 3 Butt Kicks
- 4 Calf Raises



Alternating side steps



Lateral Lunge



2



3

Butt kicks



Calf Raises



4

FOR TOTAL RUNNING