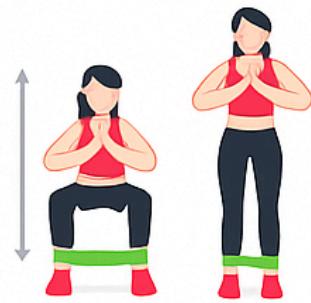


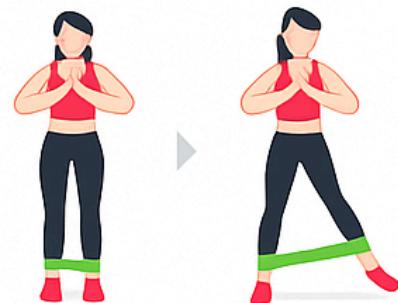
Get moving with resistance bands!
Try out these quick and fun exercises to hit
your 75 MOVES today.



1



2



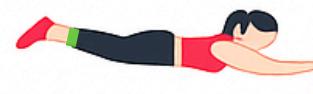
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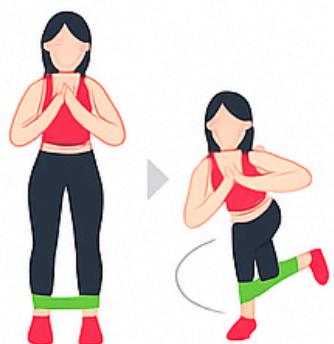
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5



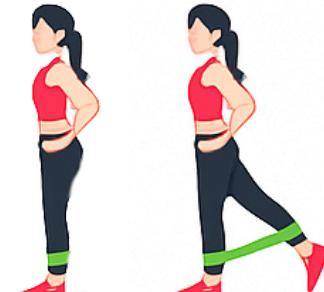
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7



8



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