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Wall Chart Pilates Ring - Michelle Bridges Exercise Repetitions/Time Orientation 4 10
Reps N/A 9 10 Reps R+L Side 11 2 Reps (with Hold) N/A 13 10 Reps N/A 12 10 Reps
N/A 16 10 Reps N/A Repeat Sequence As A Circuit X 3 DEFINED TOTAL BODY
WORKOUT This Workout Feb 23th, 2024 Michelle Bridges 12 Week Exercise
Plan Michelle Bridges 12 Week Body, Boot Camp Burn 12 Week Military Workout
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