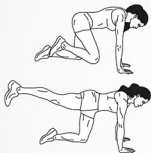
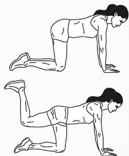


GOOD MORNING GLUTES

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30 back kicks



30 leg extensions



30 bridges



30 clamshells