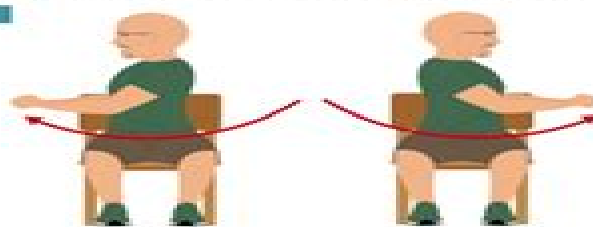


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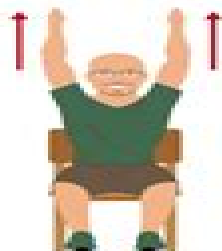
1 Seated Row



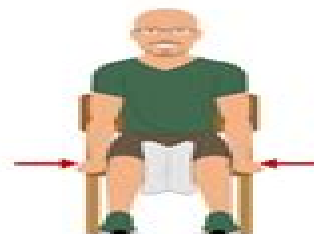
2 Seated Tummy Twist



3 Overhead Arm Raises



4 Inner Thigh Squeeze



5 Knee Lifts



6 Knee Extensions



Rosies Armchair Exercises

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