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~~One Hour Stretching Routine | Level 1 w/ Jana Webb~~
Full Body Deep Stretch Basics 60 min
Yoga Class - Five Parks Yoga

Do This Everyday To Lose Weight | 2 Weeks
Shred Challenge 10 min Morning Yoga Full Body

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Walk at Home! 35 days Booty Challenge With or Without Resistance Bands Intense Fat Burning Full Body Workout | No Jumping Variations Included HOW I LOST BACK FAT, 40 POUNDS \u0026amp; BELLY FAT IN 1 MONTH BY CHANGING ONE SIMPLE THING 10 Mins Thigh Workout to Get LEAN LEGS IN 30 DAYS | NOT BULKY THIGHS 10 min Morning Yoga Stretch - Energizing Yoga SLIM and TONED LEGS in 7 Days | 8 minute Home Workout

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