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Optional Core Workout Duration – 15 Minutes Dumbbell Side Bend – 10 Reps, 15 Seconds Rest Weighted Crunches– 10 Reps, 15 Seconds Rest Cable Leg Raises– 10 Reps, 15 Seconds Rest Bicycle Crunches – 20 Seconds, 15 Seconds Rest Plank – 60 Seconds, 15 Seconds Rest Mar 7th, 2024

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