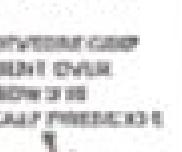
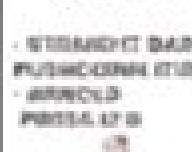
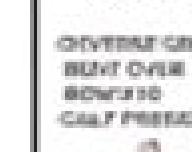


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DAY 9 SQUAT 10/10 SQUAT-ROLL SQUAT-ROLL 	DAY 10 <b>REST</b> 	DAY 11 INVERSE SIT SIT-UPS SIT-UPS CALF PRESS 10/10 	DAY 12 STRAIGHT SIT PUSHUPS 10/10 ARM-ROLL PRESS 10/10 	DAY 13 PLANK 1 MIN SIT-UPS SIT-UPS 	DAY 14 <b>REST</b> 	DAY 15 STRAIGHT SIT PUSHUPS 10/10 ARM-ROLL PRESS 10/10 	DAY 16 INVERSE SIT SIT-UPS SIT-UPS CALF PRESS 10/10 
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# **Yoga For Beginners Last 90 Days**

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