

GET FIT: LOSE WEIGHT & BURN FAT

Haqq Al-Jism



OMARI GREY | MYSTICMEDICINE



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A Note from Omari



My name is Omari Grey, I'm a Certified Natural Trainer and I am also the owner of a fitness studio in Amman, Jordan. Over the past 5 years I have trained elite professional athletes to novice fitness goers and have embodied the same fitness philosophy in which everyone must first gain mastery of their bodies. HAQQ AL JISM translates into English as "The Rights of the Body" and is a reminder for us all not to neglect our body during our busy lives. This bodyweight program is a perfect opportunity to begin working out or change up your current fitness routine.

This information in the Haqq Al-Jism Training manual is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Wish you the best of luck with your workouts!

Omari Grey, CNT

Lifestyle Review

Disclaimer

See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.



1. **Social support can be the #1 factor for success in fitness programs.** While the support can come from your spouse, brother/sister, child, mom/dad, friend, neighbor, or co-worker, it's a proven fact that individuals have a greater chance of sticking to an exercise program when they have to be accountable to someone like a personal trainer or lifestyle coach. Don't try and do this on your own. Social support is important in your quest for better health, fitness and fat loss.
2. **Nutrition is the second most important factor for success in fat loss programs.** Do you keep a nutrition log? If not, start doing so! Record your nutrition for free on www.fitday.com. Record every aspect of your nutrition for at least one week. Most people have no idea how many calories they are eating each day.
3. **Exercise is the third most important factor.** Arrange to have a Fitness Assessment with a certified personal trainer or certified strength and conditioning specialist (CSCS). This will help identify your physical limitations and exercise capacity. It will also help the trainer individualize the program for your training needs. You can also set up a skype consultation with Omari (skype ID: omari0678).

Training Guidelines

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General Guidelines

- Perform each HAJ Training workout for 4 weeks and then switch to a new HAJ Training workout.
- After every 12 weeks, take one week off from HAJ Training for recovery purposes. During the recovery week, you may perform light, low-intensity workouts.
- Workout 3 days per week alternating between workout A and workout B. Train intervals 3 days per week. These can be done after strength training or on non-strength training days. Make sure you have at least 1 full rest day per week.
- In week 1, you will follow an A, B, A schedule. In week 2, a B, A, B schedule. In week 3, an A, B, A schedule, and in week 4, a B, A, B schedule.
- Each pair of exercises constitutes a “Superset”. In each Superset, do one set of the first exercise followed immediately by the next (A1 & A2).
 - Beginners & Intermediate: Rest 30 seconds after completing the exercises in the Superset (i.e. after A1 & A2).
 - Advanced: Rest as little as possible between exercises and supersets.
 - Rest only to take drinks of water or if whenever you feel like you need a break.
- Finish each workout with Eischens Yoga for the tight muscle groups only.

Warm Up

Never skip a warm-up. For a warm-up, perform this circuit 2x's:

- 50 Jumping Jacks
- 10 reps of bodyweight squats or lying hip extensions
- 20 second plank
- 6-10 reps of kneeling pushups or pushups
- Do not rest during the warm-up circuit.

If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up.

Sample Workout Structure

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Here's how a sample workout looks:

Bodyweight Warm-up Circuit 2x's (this should take you less than 5 minutes)

- Jumping Jacks – 50 reps
- Bodyweight Squat – 10 reps
- Plank – 20 seconds
- Pushup or Kneeling Pushup – 6 reps

HAI Training Strength Workout (ex. Beginner Workout A)

1A) Lying Hip Extension (12 reps) no rest – go directly to:

1B) Plank (20 seconds) Rest 30 seconds.

Repeat this cycle 2 more times for a total of 3 supersets.

2A) Prisoner Squat (20 reps no rest – go directly to:

2B) T – pushups (beginner) (8 reps) Rest 30 seconds.

Repeat this cycle 2 more times for a total of 3 supersets.

3A) Kneeling Pushup (10 reps) no rest – go directly to:

3B) Kickouts (15 reps) Rest 30 seconds.

Repeat this cycle 2 more times for a total of 3 supersets.

4A) Kneeling alligator pushups (5 reps) no rest – go directly to:

4B) Superman (10 reps) Rest 30 seconds.

Repeat this cycle 2 more times for a total of 3 supersets.

HAI Training Intervals

See below for Interval instructions.

Stretching/Yoga

Stretch tight muscle groups only.

Interval Training Guidelines

- Research has shown that interval training is very effective for fat loss.
- Finish each interval workout with stretching for the tight muscle groups only.
- Here are beginner and intermediate/advanced interval workouts. Choose the appropriate workout and do it after your bodyweight exercises.

Beginner Interval Workout

- Warm-up/Dynamic stretching for 5 minutes if interval training is done on a separate day than strength workout.
- Perform an interval by exercising for 60 seconds at a very hard pace (at a subjective 8/10 level of effort). Follow that with 60 seconds of rest. This is a 1:1, work to rest ratio for beginner level.
- Repeat for a total of 6 - 8 intervals
- The following intervals can be used in the workout:
 - Running in place
 - Mountain climber
 - Skaters
 - Jumping Jacks

Intermediate/Advanced Interval Workout

- Warm-up/Dynamic Stretching for 5 minutes if interval training is done on a separate day than strength workout.
- Perform an interval by exercising for 60 seconds at a very hard pace (at a subjective 8/10 level of effort). Follow that with 30 seconds of rest. This is a 2:1, work to rest ratio for intermediate/advanced level.
- Repeat for a total of 6 - 8 intervals
- The following intervals can be used in the workout:
 - Running in place –Knees up!
 - Mountain climber (Advanced)
 - Skaters (Advanced)
 - Burpees
 - Football shuffle

GET FIT TRAINING: 4-WEEK BODYWEIGHT PROGRAM

BEGINNER BODYWEIGHT PROGRAM

	WEEK 1			WEEK 2			WEEK 3		
Workout A									
A1) Lying Hip Extension (3 x 12)									
A2) Plank (3 x 20 sec.)									
B1) Prisoner Squat (3 x 20)									
B2) T – pushups (beginner) (3 x 8)									
C1) Kneeling Pushups (3 x 10)									
C2) Kickouts (3 x 15)									
D1) Kneeling alligator pushups (3 x 5)									
D2) Superman (3 x 10)									
Workout B									
A1) Step ups (3 x 10)									
A2) Stick ups face down (3 x 8)									
B1) Split squat with front foot elevated (3 x 8)									
B2) Diamond Pushups on knees (3 x 8)									
C1) Bicycle Crunch									
C2) 1 – leg Hip Extension									

GET FIT TRAINING: 4-WEEK BODYWEIGHT PROGRAM

INTERMEDIATE BODYWEIGHT PROGRAM												
	WEEK 1				WEEK 2				WEEK 3			
Workout A												
A1) Normal Pushups (3 x 20)												
A2) Plank (3 x 40 sec.)												
B1)Hindu Squat (3 x 20)												
B2) T – pushups (advanced) (3 x 8)												
C1)Cross Climber (3 x 12)												
C2)Single Leg Reaching Lunge (3 x 12)												
D1) alligator pushups (3 x 5)												
D2) Negatives (3 x 10)												
Workout B												
A1) Bulgarian Split squat (3 x 10)												
A2) Elevated Pushups (3 x 8)												
B1) Prisoner Lunge (3 x8)												
B2) Diamond Pushups (3 x 8)												
C1) V – Ups (3 x 8)												
C2) 1 – leg Deadlift (3 x 8)												
D1) Pike Pushups (3 x 8)												
D2) 1 legged Get ups (3 x 8)												

GET FIT TRAINING: 4-WEEK BODYWEIGHT PROGRAM

ADVANCED BODYWEIGHT PROGRAM												
	WEEK 1				WEEK 2				WEEK 3			
Workout A												
A1) Dive Bomber Pushups (3 x 15)												
A2) Plank (3 x 60 sec.)												
B1)Squat Jumps (3 x 15)												
B2) Wide arm pushups (3 x 12)												
C1) Side plank (3 x 30 sec.)												
C2) Burpee w/ pushup & jump (3 x 12)												
D1) Plyo alligator pushups (3 x 8)												
D2) Chin ups (3 x 10)												
Workout B												
A1) Explosive Step up (3 x 10)												
A2) Tiger Pushups (3 x 8)												
B1) Split Squat Jumps (3 x 8)												
B2) Clapping Pushups (3 x 8)												
C1) V – Ups (3 x 12)												
C2) 1 – leg Deadlift (3 x 12)												
D1) Elevated Pike Pushups (3 x 8)												
D2) Pistols (3 x 8)												

Lying Hip Extension

Disclaimer

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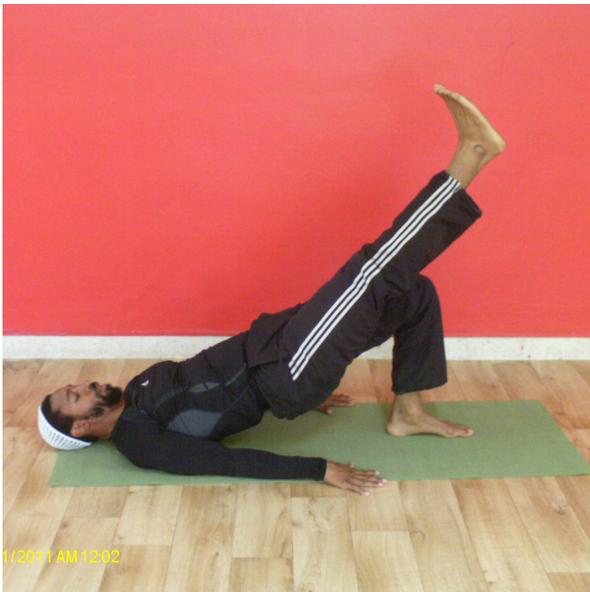


- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Bridge your hips up by contracting your glutes. Don't use your lower back.
- Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they are an inch above the ground. Then repeat.

1 Leg Hip Extension

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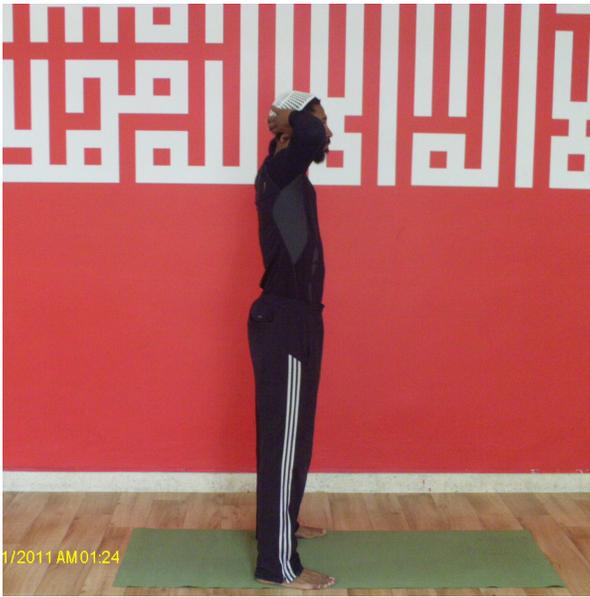


- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up. Keep your abs braced.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.

Prisoner Squat

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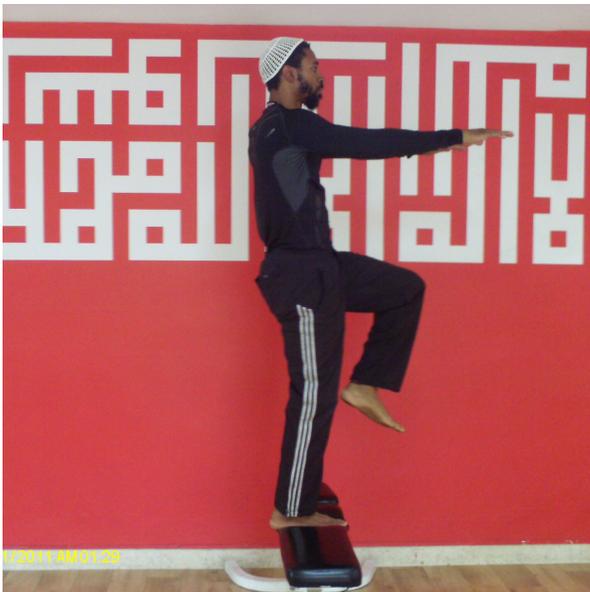


- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back. Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back. I am not letting my back round in the photo.

Step-Ups

Disclaimer

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Stand facing a bench. Place one foot on the bench and the other on the floor.

- With your abs braced and glutes squeezed, start the movement by pushing into the bench to lift the body up to the standing position.
- Lower your body under control. Pause briefly at the bottom and repeat.
- Complete all reps for one side before changing legs.
- Start on a low step (6-inch) and increase the height of the step (12-in) as you improve.

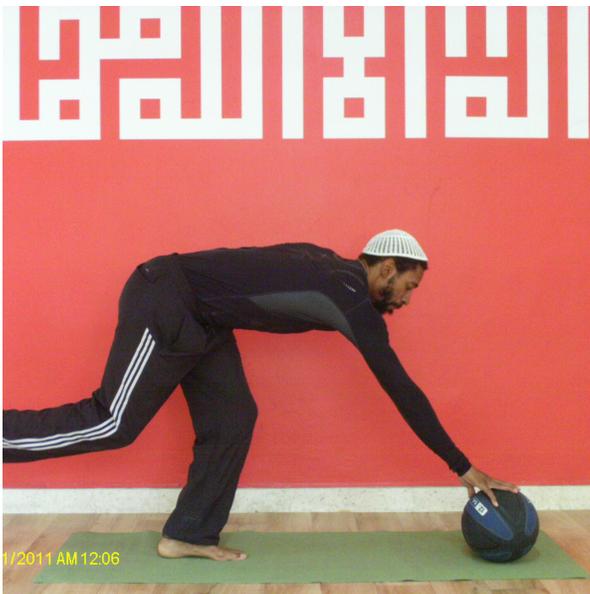
Explosive Step Ups

- Same starting position as step ups but you leap in the air gaining jumping power with right leg on the bench. Switch feet midair and perform the same exercise with left leg.
- Elbows are bent and hands are swinging in an upward motion as you switch feet midair. This is one repetition.

Single Leg Reaching Lunge

Disclaimer

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Stand with your feet shoulder-width apart in front of a small object that you have placed feet in front of you. Now stand on your right leg, balance yourself, and then bend your knee and reach forward to touch the object with your right hand.

- Touch the object and return to the starting position without losing your balance.
- Without switching legs, perform the same exercise but use your left hand to reach forward and touch the object. Perform all repetitions on the right leg and then switch.

Split Squat with Front Foot

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- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step, and put it on a 6 or 12-inch riser. Press the front of your left foot into the ground and use it to help keep your balance.
- Contract your quads, brace your abs and keep your spine in a neutral position.
- Lower your body until your right knee is slightly above your foot.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back.
- Perform all reps for one leg and then switch.

Bulgarian Split Squat

Disclaimer

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- Stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.

Prisoner Lunge

Disclaimer

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- Stand with your feet shoulder-width apart and hold a light dumbbell in each hand.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent. Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push with your right leg to return to the

1 Leg Deadlift

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- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Let your arms hang at your sides.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Go slowly and focus on balance.
- Go until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.

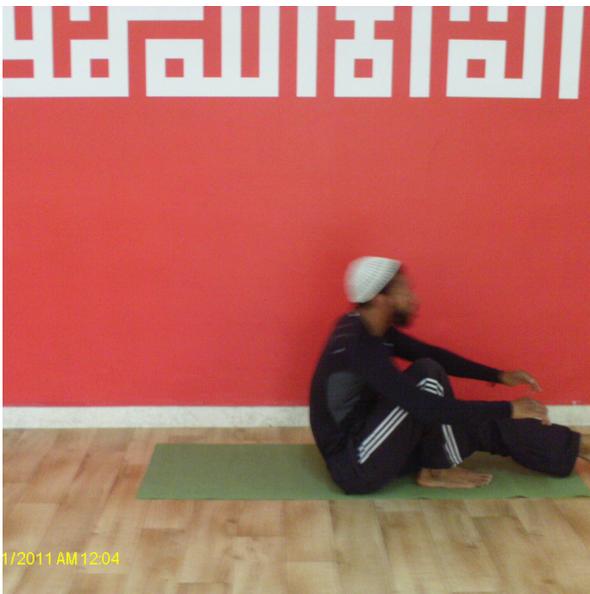
1 - Legged Get-Ups

Disclaimer

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- Start on your back and begin rolling backwards to gain momentum as shown in step 1.
- After getting enough momentum push glutes and quads forward. (step 2)



Squat Jumps

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- Stand up on one leg. (step 3)
- Straighten out leg completely. Complete the number of repetitions on one leg.

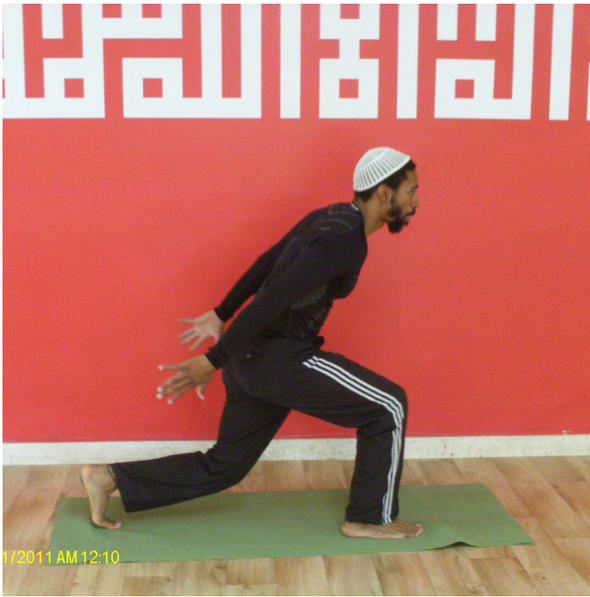


- Squat down by bending your knees and contracting glutes with hands to your sides.
- Reach up with your hands and jump up as high as you can!
- Land softly in the same spot you jumped in.

Split Squat Jumps

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Stagger legs as shown below in picture in preparation to jump.

Switch feet in the air so that the back foot lands forward and vice versa.

Soften your landing.

Pistol

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- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot forward.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Squat slowly and focus on balance.
- Squat until your thigh is parallel to the floor, but keep your lower back straight.
- If you are advanced, you may be able to squat all the way to the floor.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.

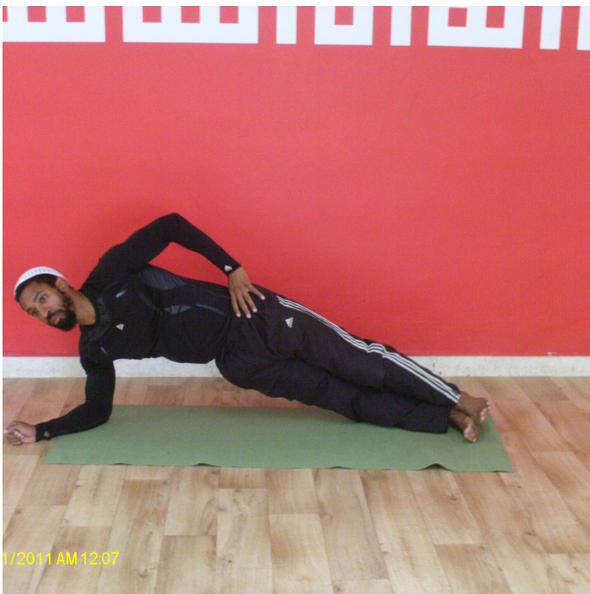
Plank & Side Plank

Disclaimer

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- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.

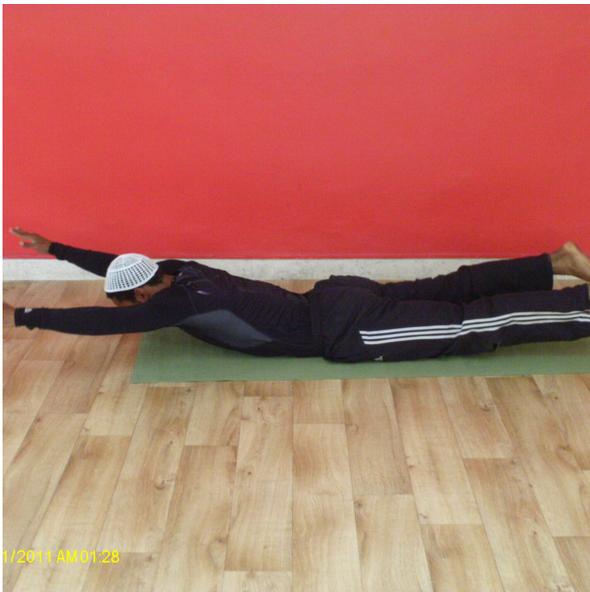
Superman

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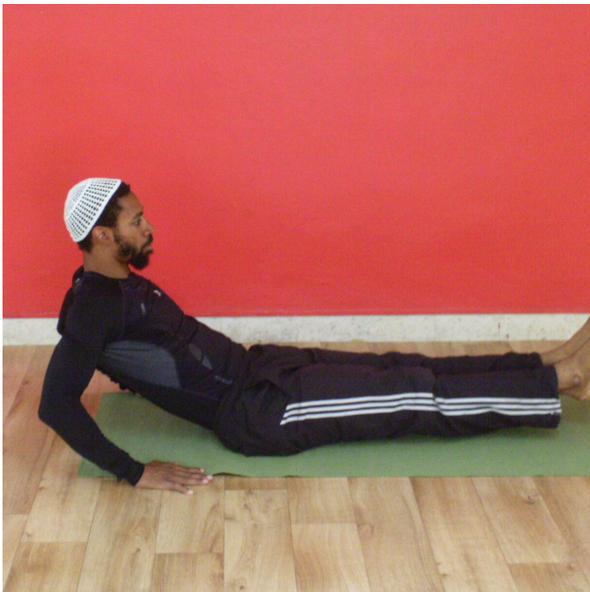
- Lie face down with arms extended out in front of you.
- Raise your arms and legs as high as possible simultaneously. This is one repetition.



Kickouts

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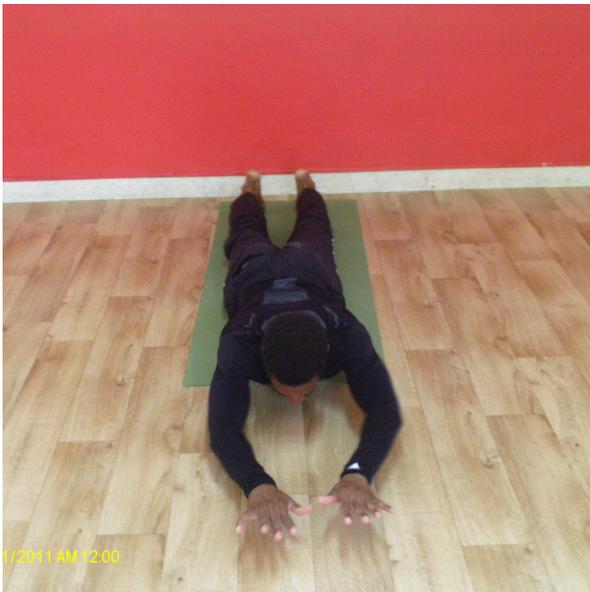


- Sit down as shown in diagram below. Place arms to your side and hands facing forward.
- Drive your knees as close as possible to your chest.
- Extend your legs straight in front of you.
- Feet should not hit the ground. One repetition.

Stick Ups Face down

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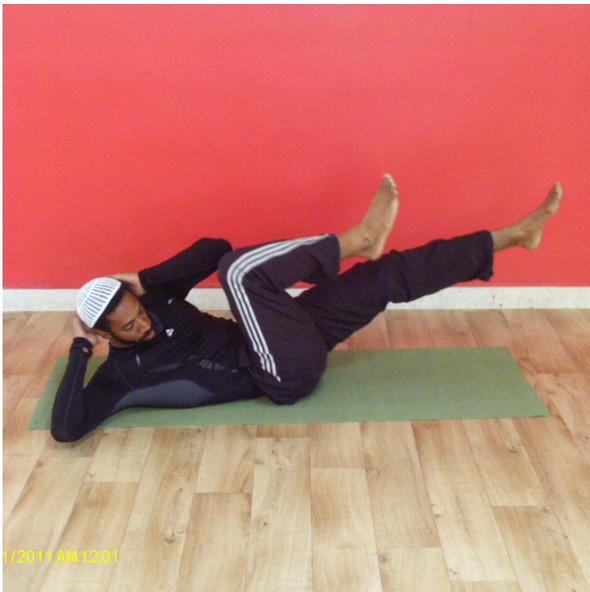


- Begin on your stomach with arms at a 90 degree angle as shown below. Feet stay flat on the ground.
- Straighten arms out in front of you (while keep your chest off the ground).
- This is one repetition.

Bicycle Crunch

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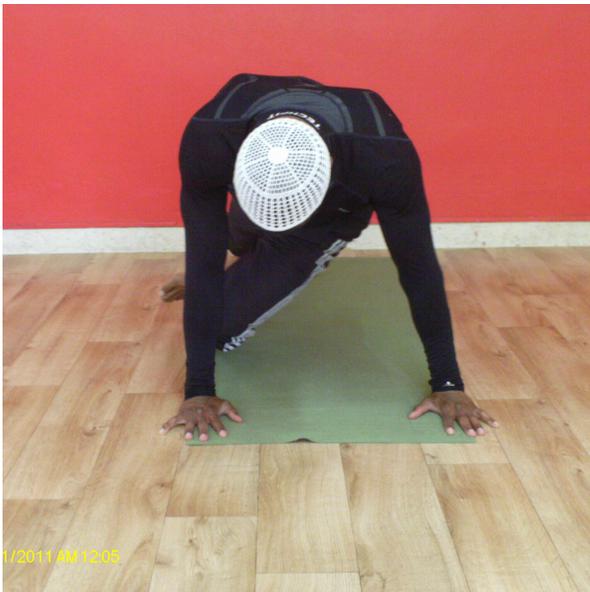


- Lie on your back with your knees bent 90 degrees & hands behind your head.
- Lift your feet off the ground and bring your knees back towards your chest.
- Curl your body off the ground and bring your right elbow to your left knee.
- In the process, you should be able to bring your right shoulder blade off the ground. You don't need to curl up any higher.
- Return to the start position. Then repeat the movement for the left side.
- Continue to alternate sides for the desired number of reps with each movement counting as a single repetition.

Cross Climber

Disclaimer

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- Begin in a pushup position
- Bring your left knee over to your right elbow as shown below. Repeat this movement on the other side (right knee touching left elbow).
- If your knee cannot touch your elbow then as close as possible. This is one repetition.

V-Ups

Disclaimer

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- Lay face up on the ground with your legs extended and arms above your head.
- Simultaneously lift your arms and upper body along with your lower legs (knees straight) up until they meet above you.
- Lower your body and legs back to starting position. Repeat.

Normal Push-Ups

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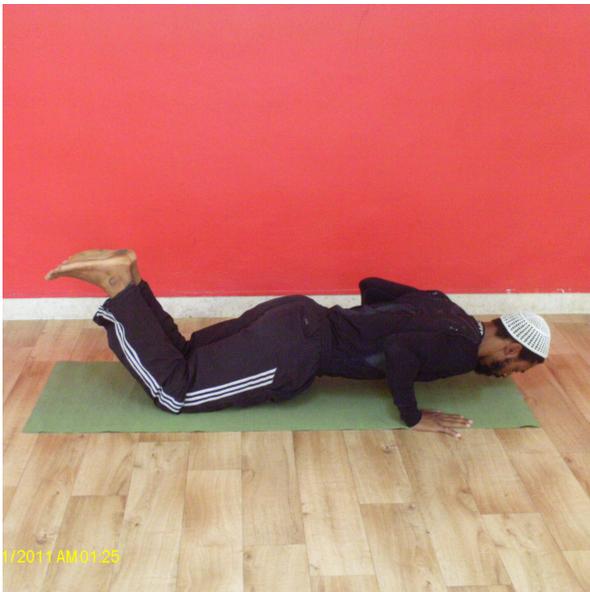


- Keep the abs braced and body in a straight line from toes/knees to shoulders. Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.

Kneeling Push-Ups

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- See instructions for Normal Pushup except knees are touching the ground.

Clapping Pushups

- Same as Normal Pushup except both hands will leave the ground as you clap your hands. (note: If wrist begin hurting then stop the exercise.)

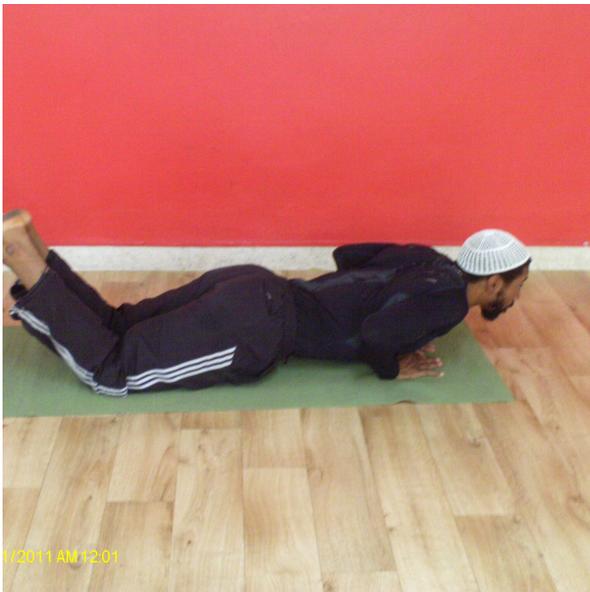
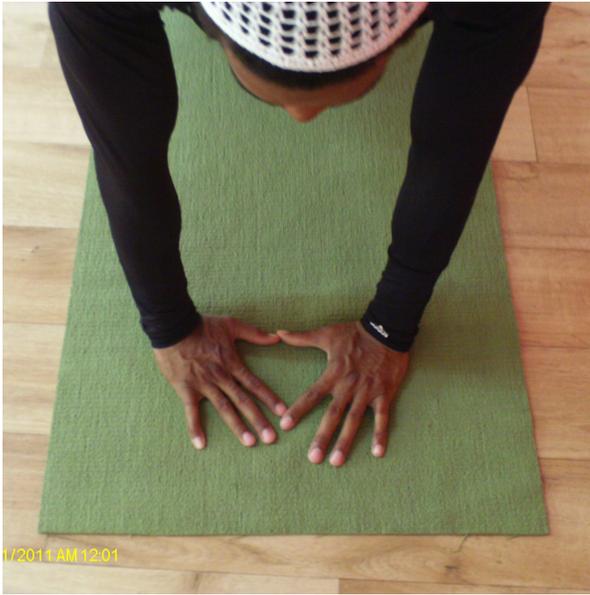
Wide Arm Pushups

- Same as Normal Pushup as explained above but your hands will be spread out 5 inches past shoulder –width.

Diamond Pushups (On Knees)

Disclaimer

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Same as Kneeling Pushup, but keep your hands in a shape of a diamond and keep your elbows tucked into your sides as you perform exercise. Diamond Pushups would be performed the same way except not on your knees.

T-Pushups

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- Begin in Normal Pushup position.
- Raise right hand as high towards ceiling and form a 'T' with your body. Repeat the same on the left side. This is one repetition.

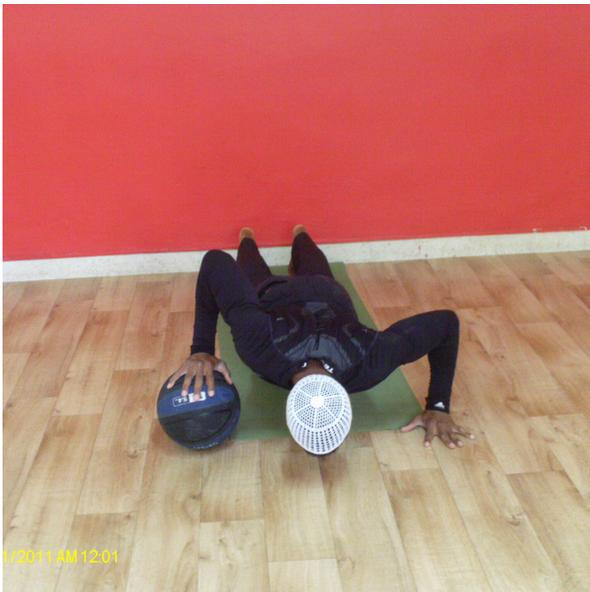
T – Pushups (advanced)

Same as Beginner T - Pushups but add a pushup after each time you raise your hand.

Elevated Pushups

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- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches. Hands are slightly wider than shoulder width apart (normal push-up width).
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.

Alligator Pushups (Beginner)

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- Stagger your arms as shown below and lower your body to the ground.
- Switch hands and repeat on other side. This is one repetition.

Alligator Pushups

- Same as Beginner Alligator Pushups but legs are also staggered.
- Left arm and right leg forward then lower your body down as an alligator.
- Switch Repeat on both sides. This is one repetition.

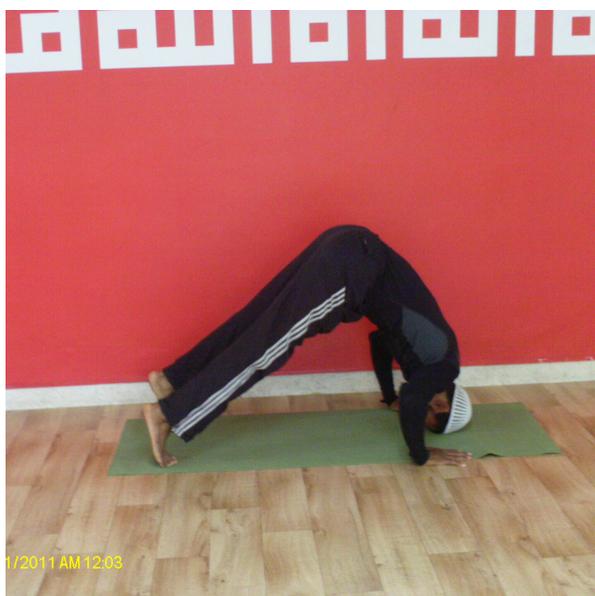
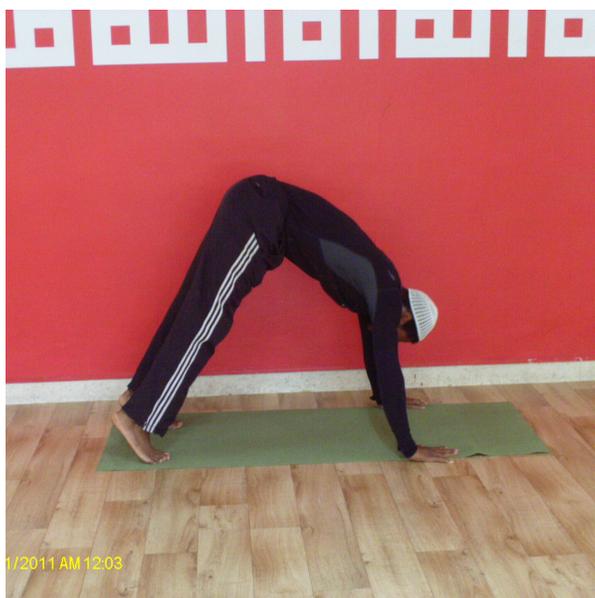
Plyo Alligator Pushups

- Same as Alligator Pushups but more explosive.
- Your hands should leave the ground and switch on every pushup about 2 – 3

Pike Pushups

Disclaimer

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- Get on your toes and 'pike' your butt in the air and lift the hips up.
- Hands should be a bit more than shoulder-width apart.
- Touch the top of your head to the ground.

Elevated Pike Pushups

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- Same as pike pushups but feet are elevated 6 – 12 inches in the air.
- If this is too easy then throw your feet on the wall in a full handstand position!



DIVE BOMBER PUSHUPS

- Start in the same position as Pike Pushups. (step 1)
- Bend your elbows and drop your chest to the floor. Push forward. Pause when you have pushed your body forward and up. (step 2 & step 3)
- Reverse the motion as shown in the pics. (This is the most difficult part of push up!)



Tiger Pushups

- Lower yourself into the bottom portion of pushup then shift your weight back almost kind of 'piking' a little as you lower onto the elbows (Like a Tiger about to attack!)
- Shift the elbows forward from the ground.
- Push back up in normal push up position. That is one repetition.

Chin Ups

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- Take underhand grip on the bar with the palms facing you. Pull your body up until the chest reaches bar level. Slowly lower yourself but do not let your body swing and do not use momentum.

Negatives

- Start in the step 2 position of the chin up as shown above and slowly lower your body from the bar. This is one repetition.



Burpees with Pushup & Jump

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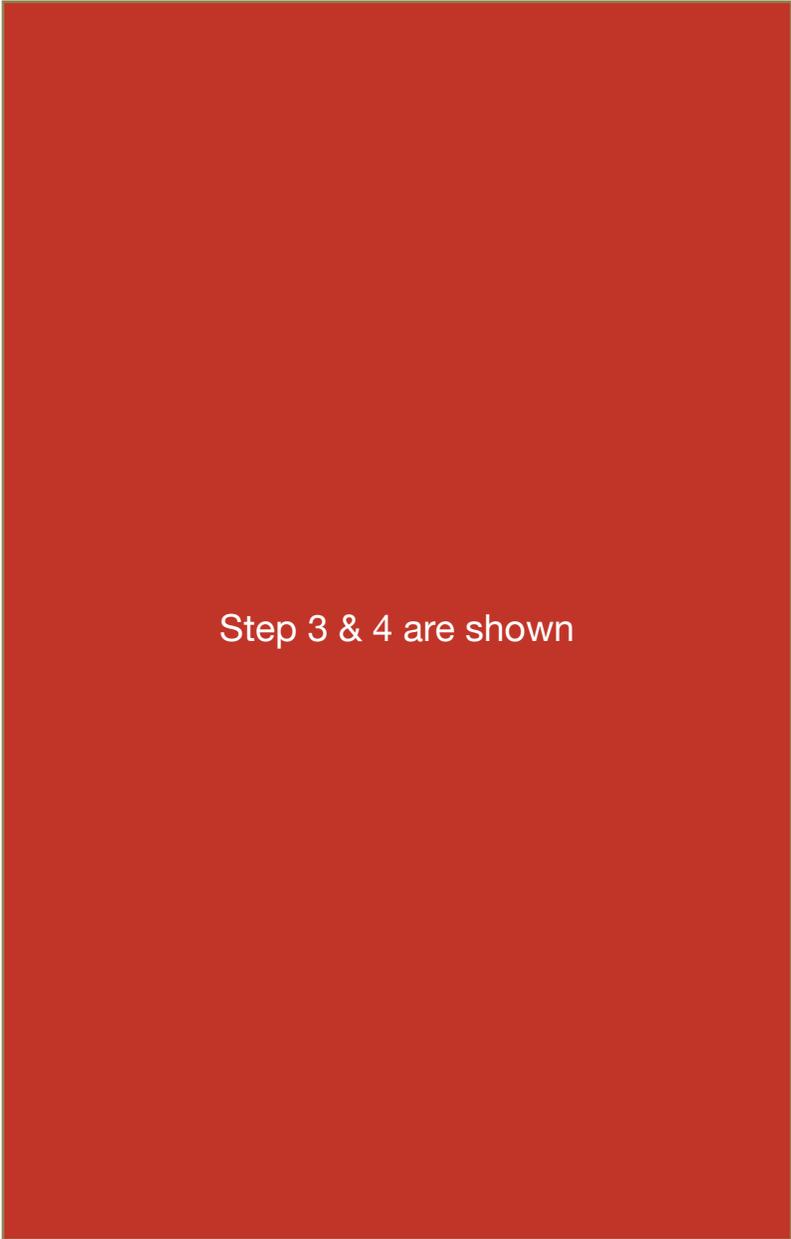
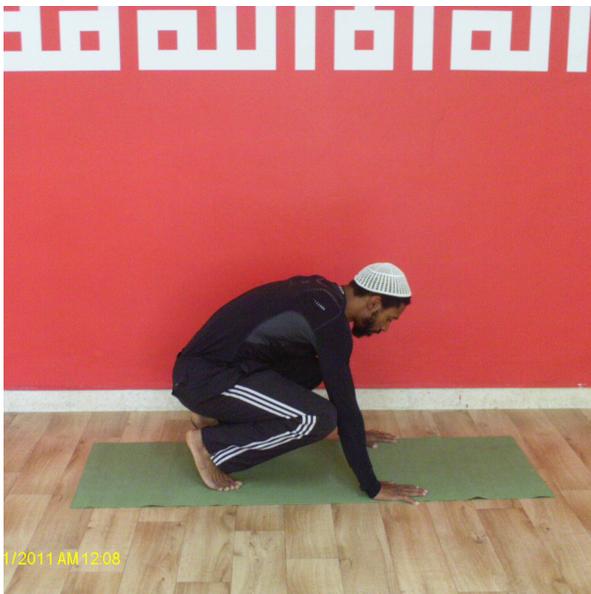


- Bend into a squat position with hands on the floor in front of you. (step 2)
- Kick your feet back to a pushup position and immediately perform a pushup. (Step 3)
- Immediately return your feet to the squat position.(step 4)
- Leap up as high as possible from the squat position.

Burpees with Pushup & Jump

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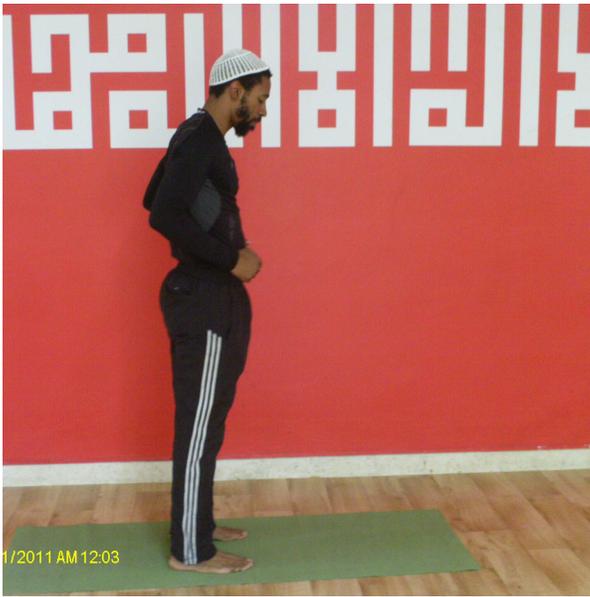


Step 3 & 4 are shown

Hindu Squat

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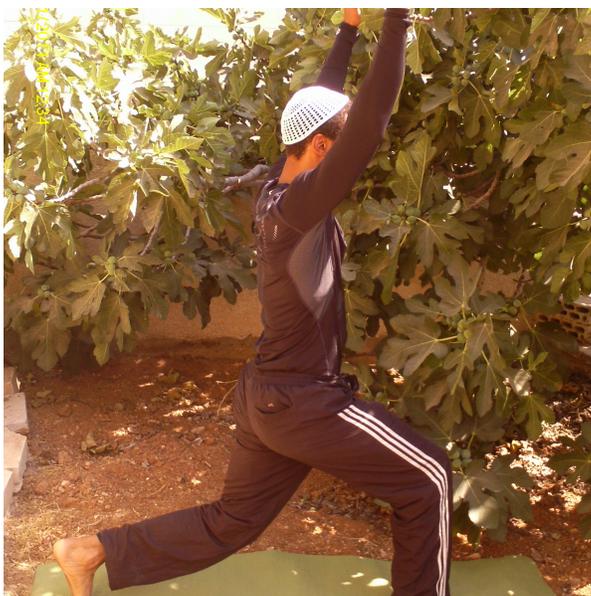
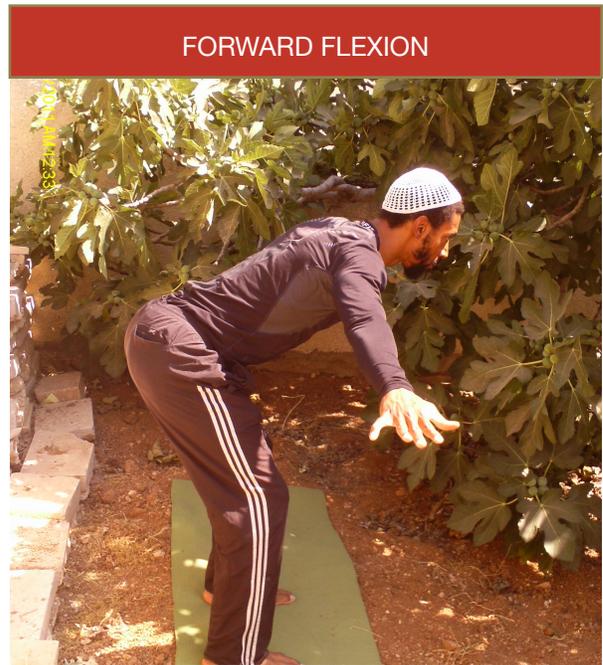
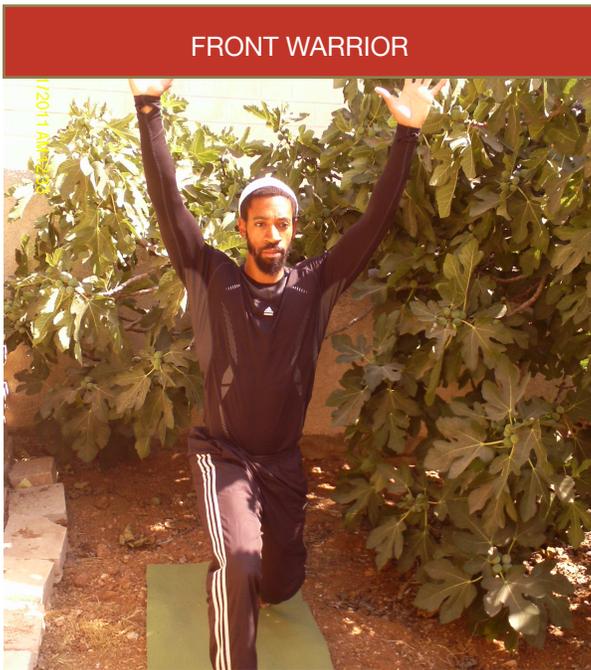


- Stand with your feet about hip's width apart and arms to your side as shown in diagram.
- Bend your knees into a squat and lift your heels off the floor until you are up on the balls of your feet. Keep your torso in a somewhat vertical position with the floor as you move.
- Continue to bend your knees until your buttocks comes down to just above your heels. As you move into this squatting position, swing your hands back behind you in one smooth movement.
- Push off from your toes and straighten your legs as you exhale, bringing yourself back into an upright position. As you move back to your original position, swing your arms forward until they are about shoulder's height and somewhat parallel with the floor.

Yoga Poses

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Yoga Poses

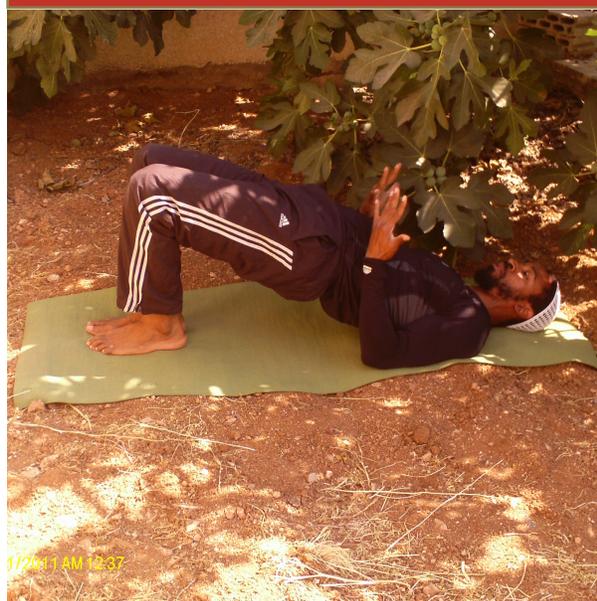
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CHAIR POSE



SUPINE BRIDGE



SIDE WARRIOR



INCLINE PLANE

