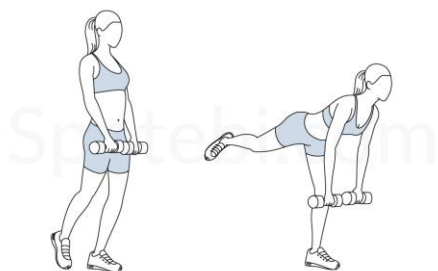


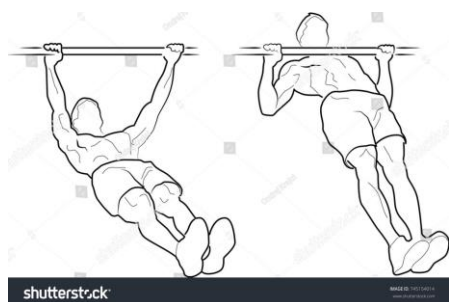
Air squat



Superman



Body row. Potete farlo sotto un tavolo.



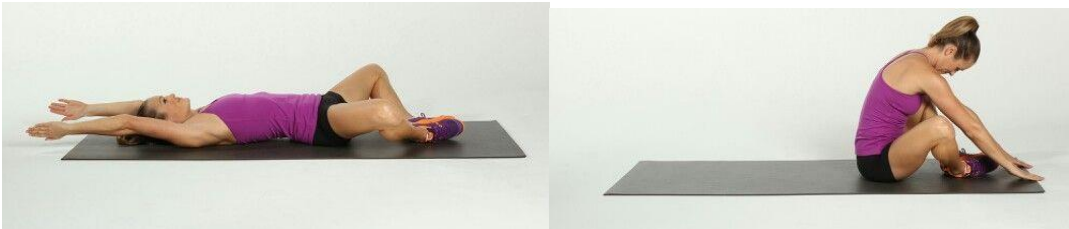
Bulgarian squat



Crunch



Sit-up



Burpees



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Push up

