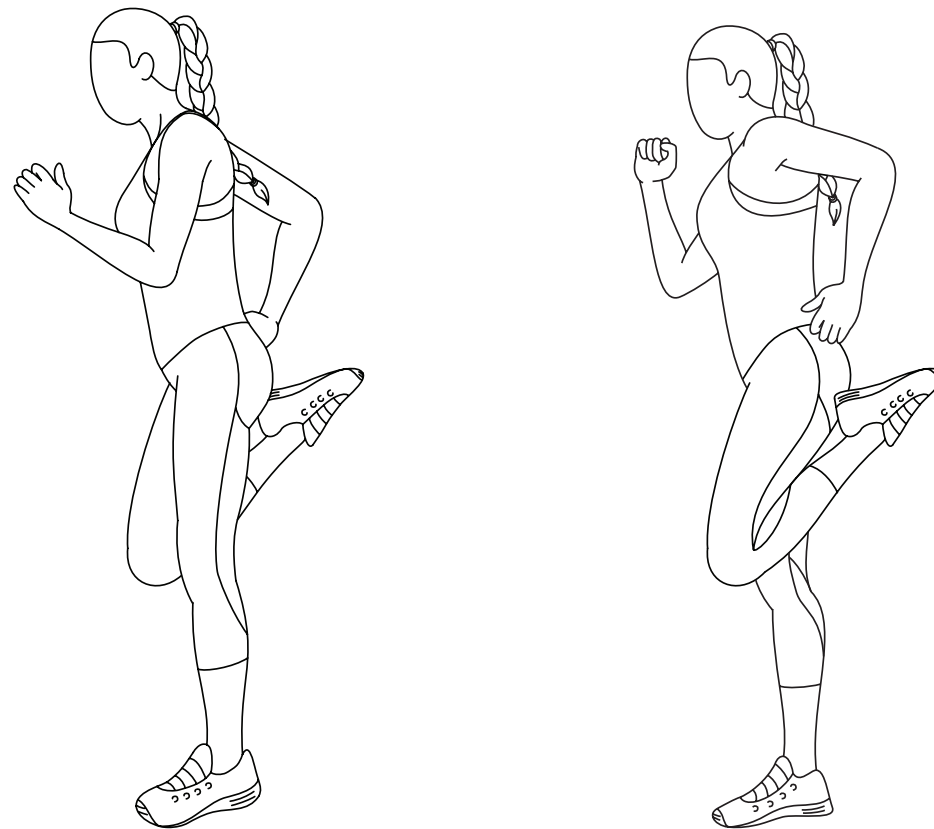




Butt Kicks

Patadas Hacia Atrás



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HEALTHY HABITS | For more information, call 323-866-3025. | Para obtener información, llame al 323-866-3025.



Standing Twist Crunch

Abdominales Cruzados de Pie



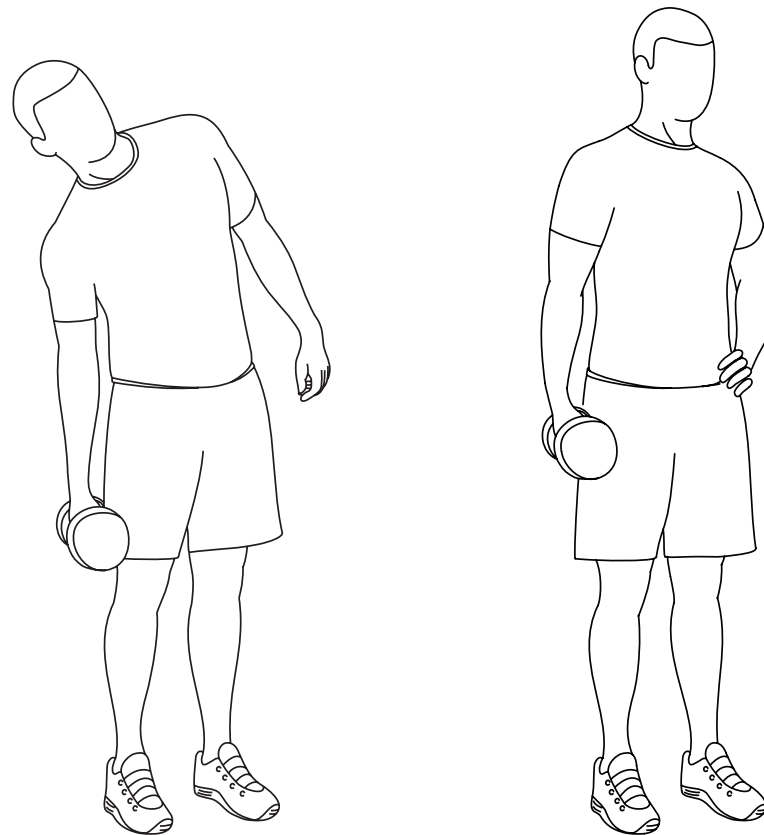
CEDARS-SINAI

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Standing Side Bend

Abdominales de Lado a Pie

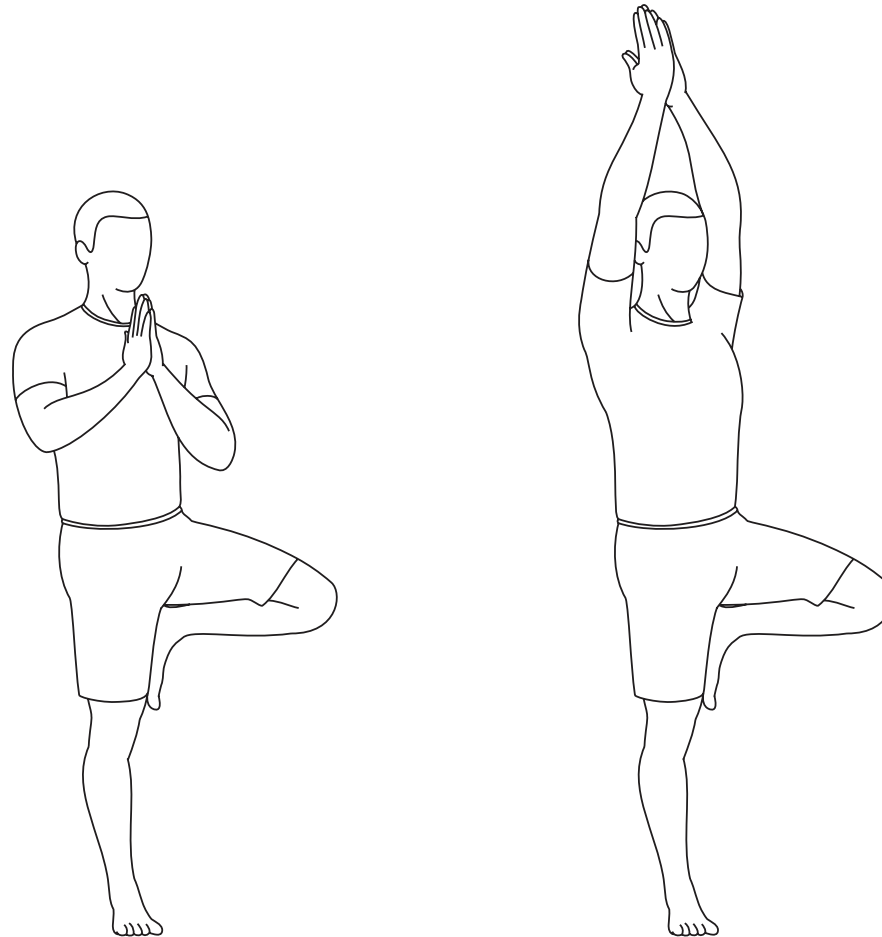


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Tree Pose/Pose de Árbol



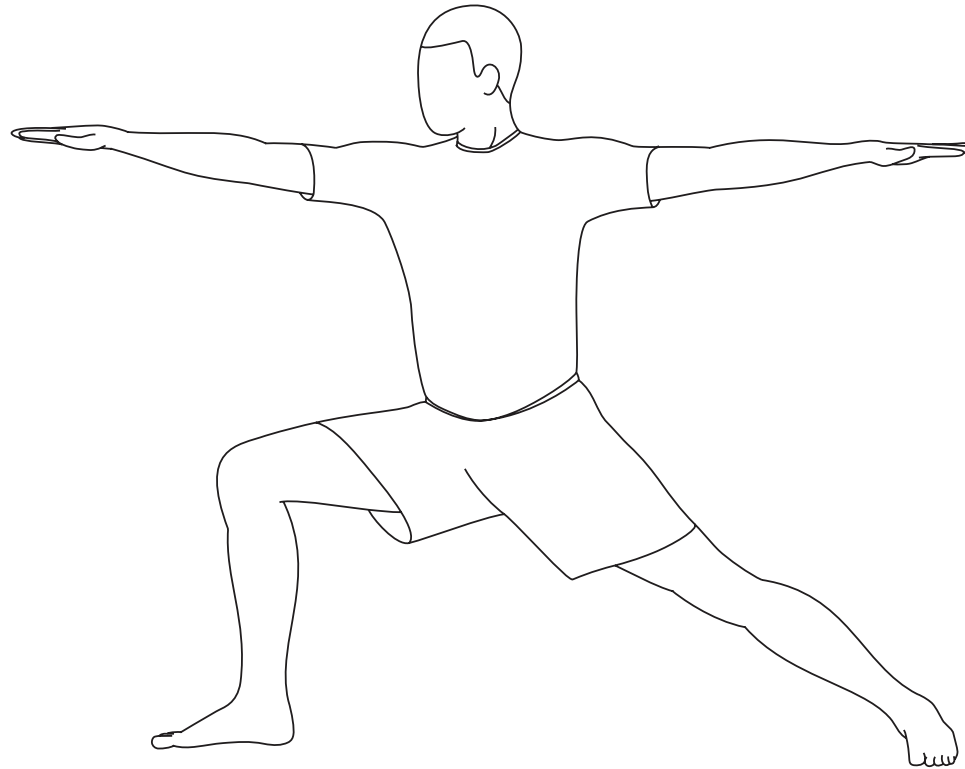
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Warrior II Pose

Pose de Guerrero II



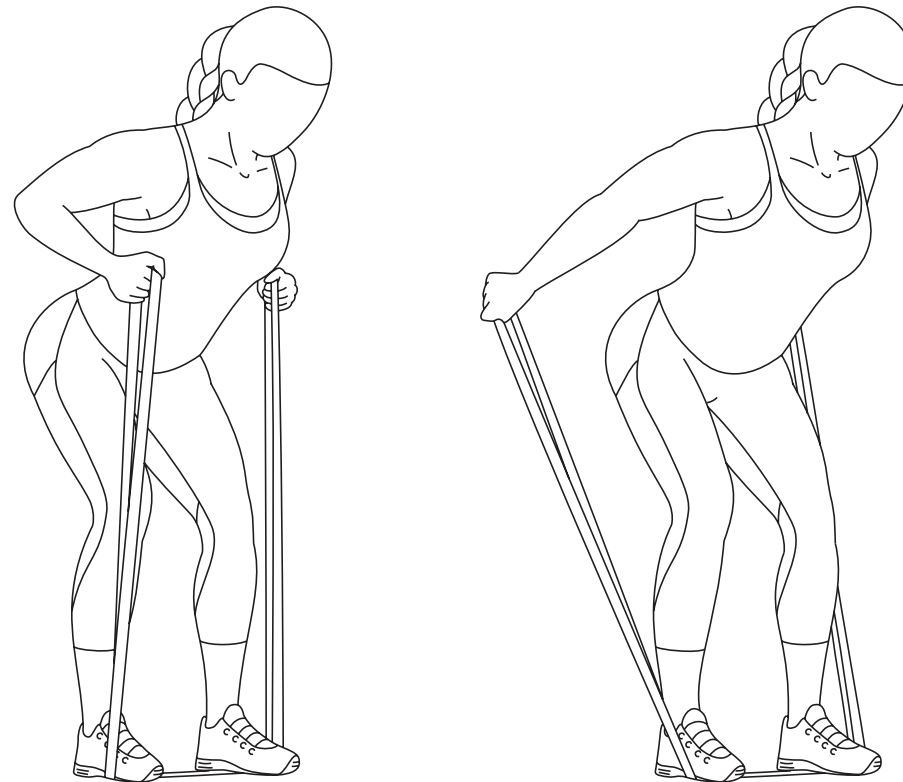
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Tricep Curl

Fortalecimiento de Tríceps



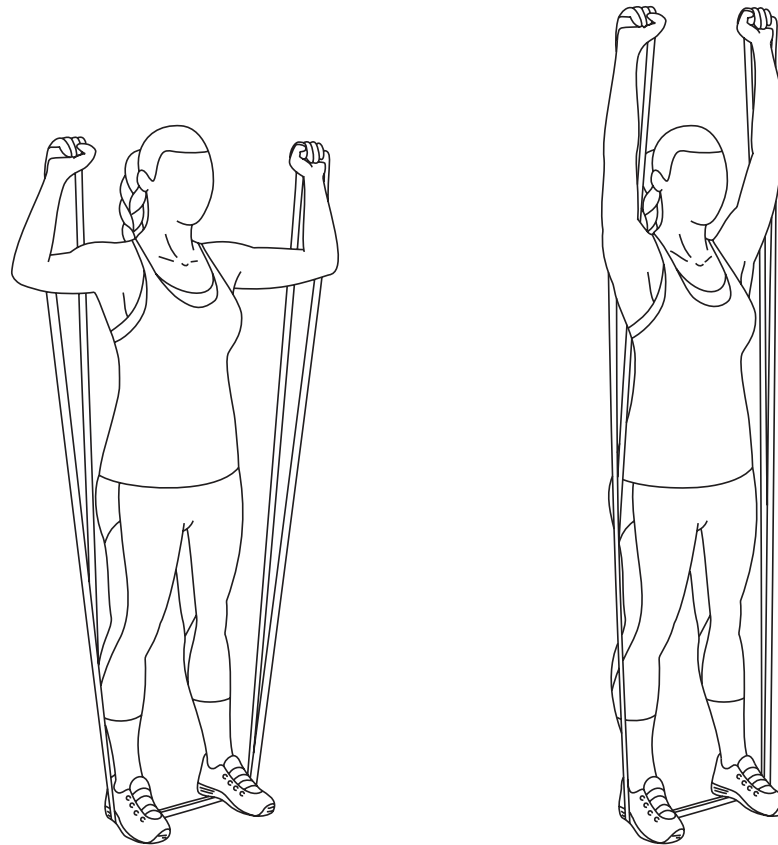
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Overhead Press

Prensa Sobre Hombros



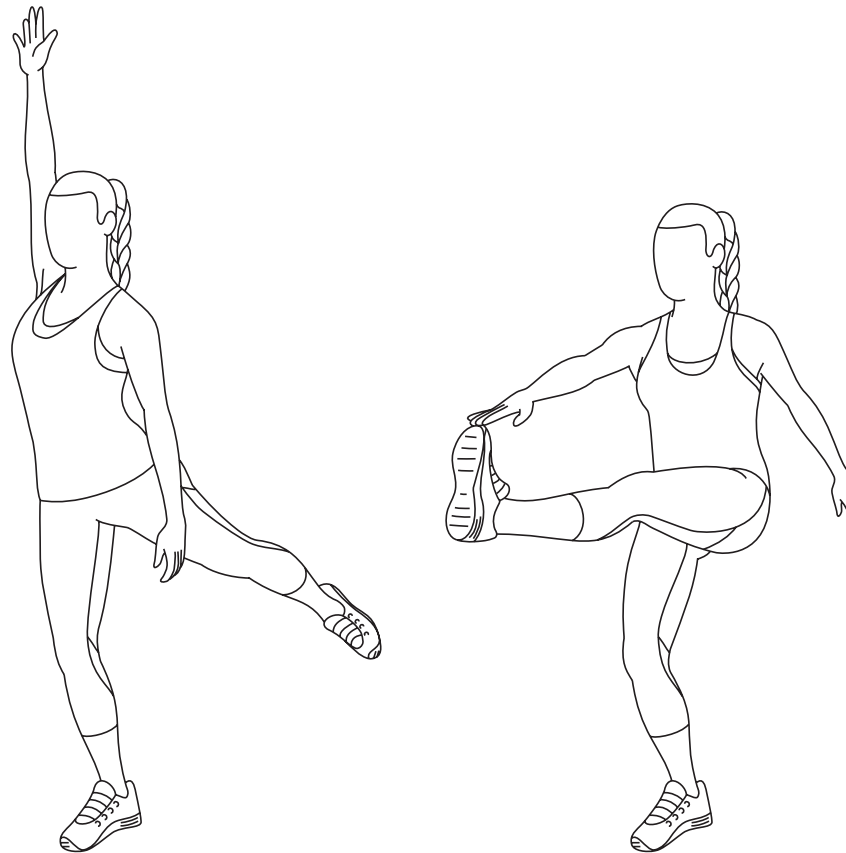
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Front Kicks

Patadas Hacia Enfrente

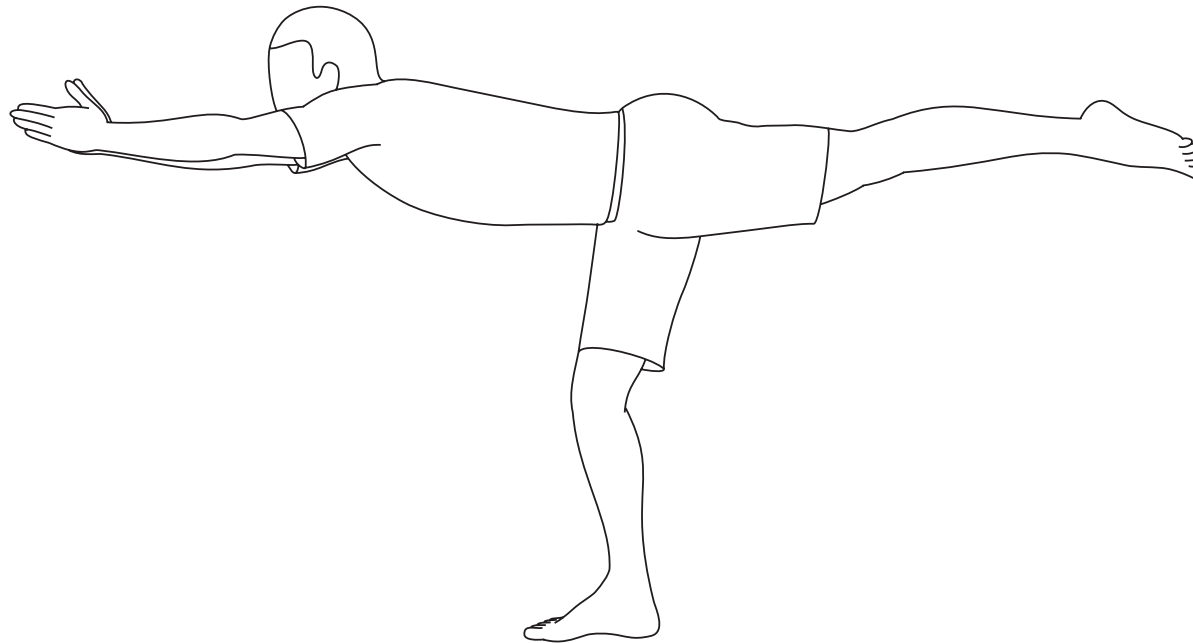


CEDARS-SINAI

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Warrior III/Guerrero III



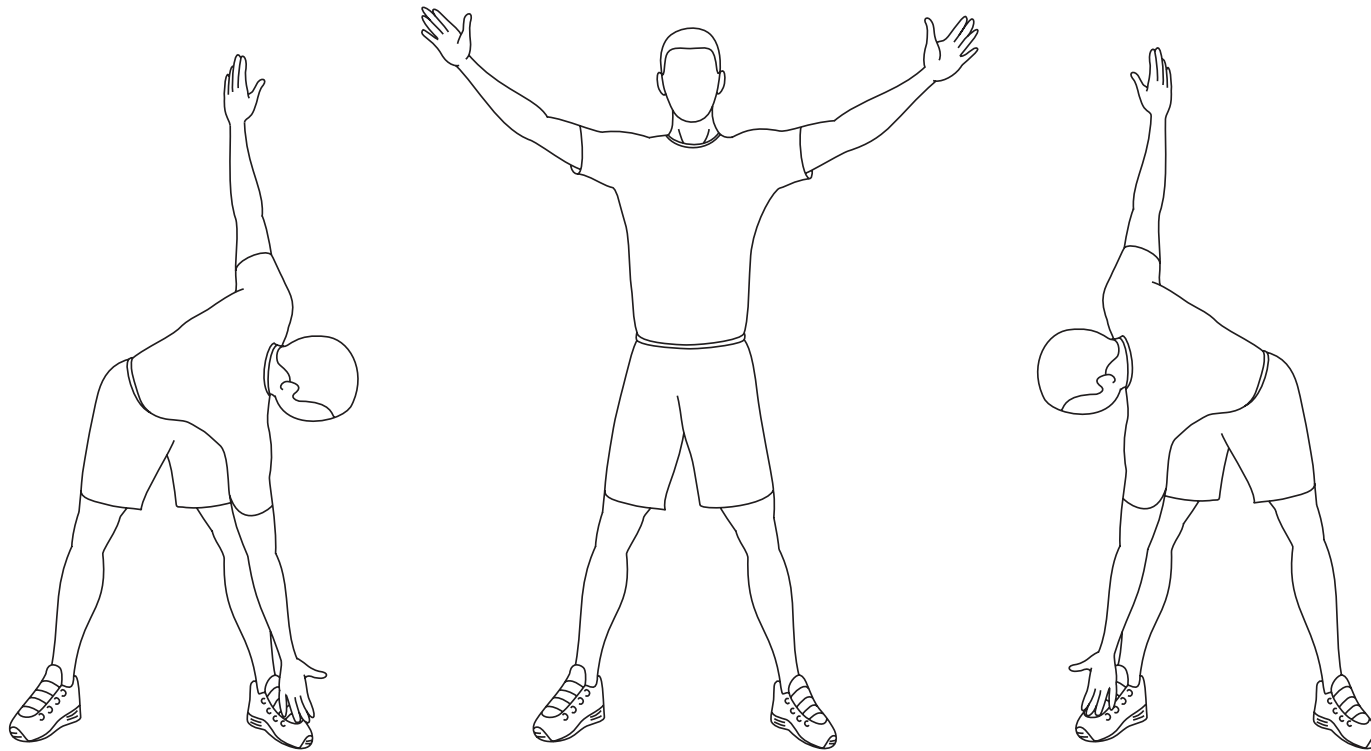
CEDARS-SINAI

HEALTHY HABITS | For more information, call 323-866-3025. | Para obtener información, llame al 323-866-3025.



Bend & Twist

Toca Pies con Crucé

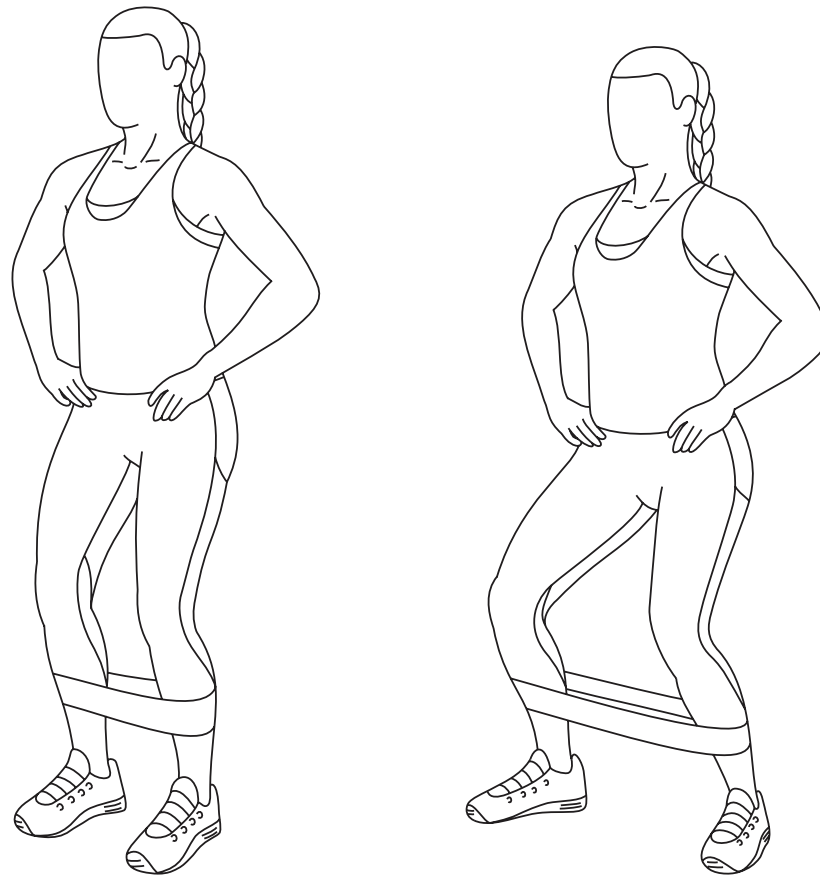


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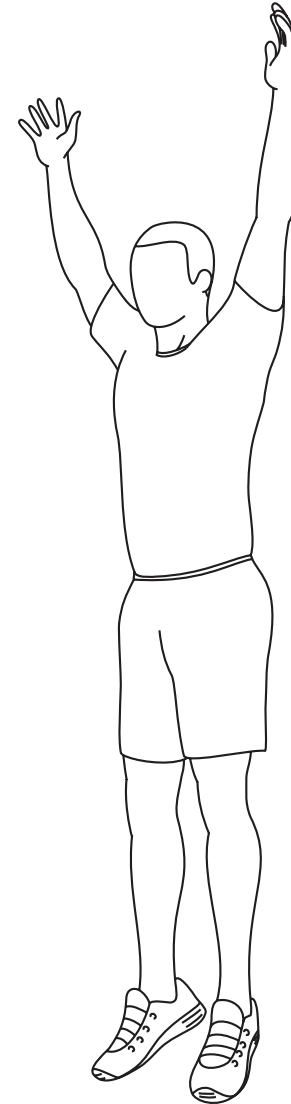
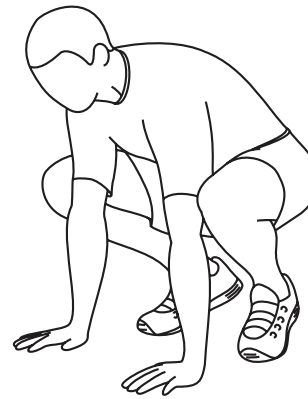
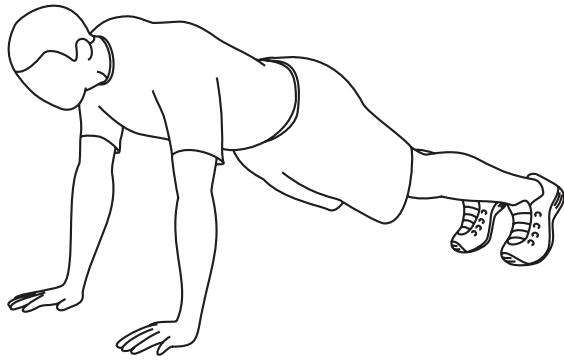


Lateral Walk/Pasos Laterales





Burpees



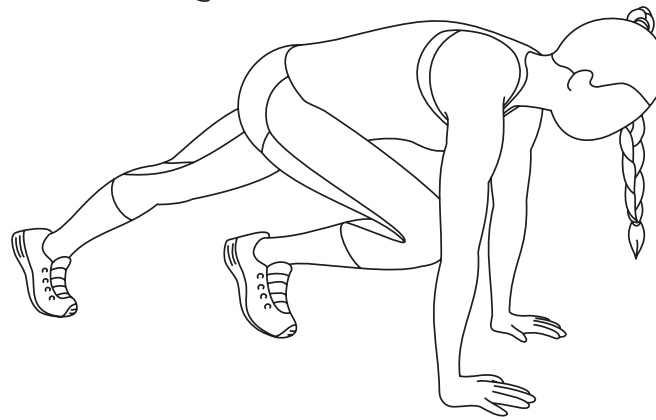
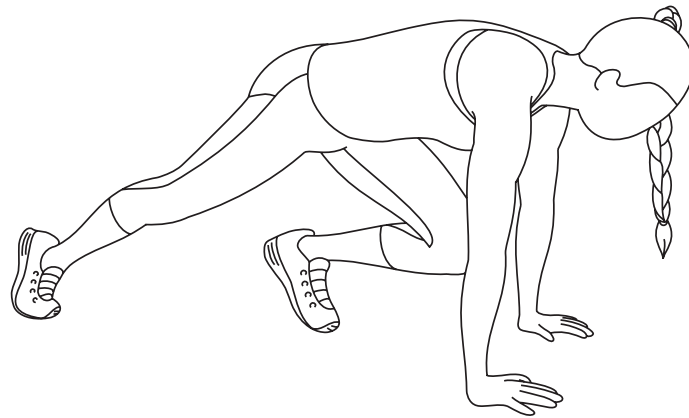
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Mountain Climbers

Sube Montañas

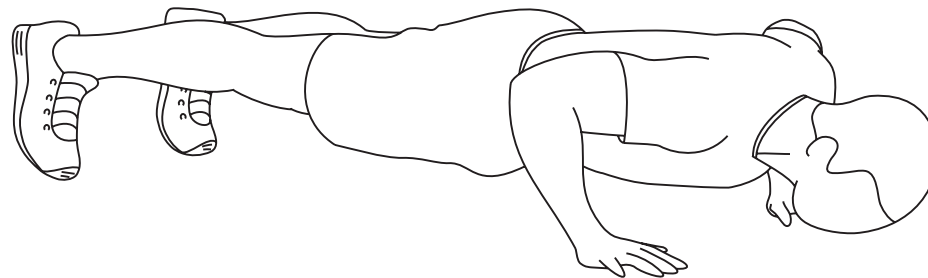
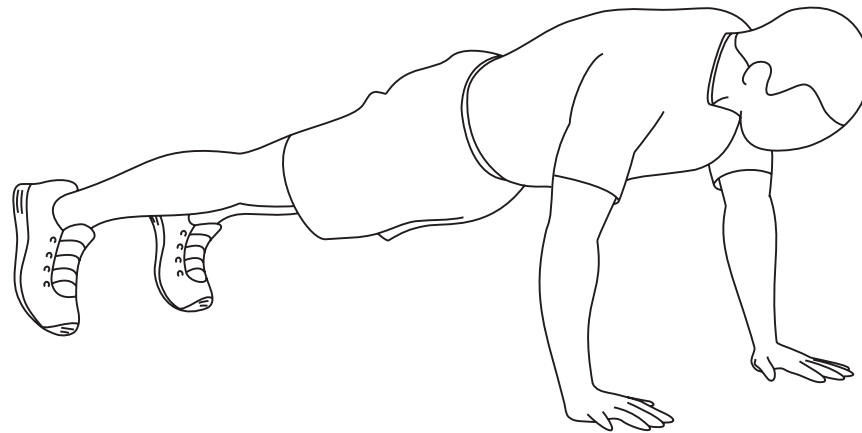


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Push-ups/Lagartijas



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