

EXERCISE ACCORDING TO YOUR BODY TYPE

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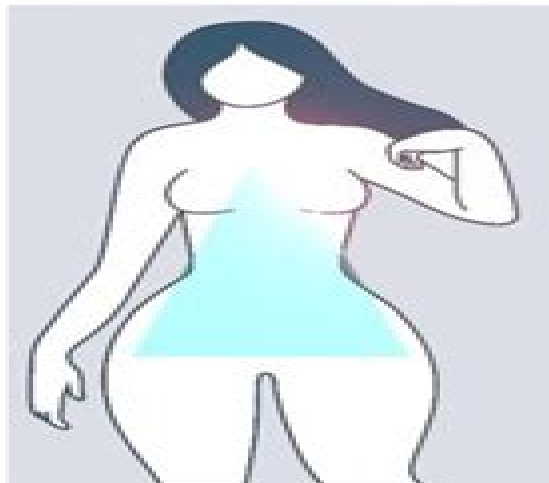
DAY 3 15 Squats
15 Crunches

DAY 4 20 Flutter Kicks
45 sec Plank

DAY 5 25 Flutter Kicks
25 Crunches



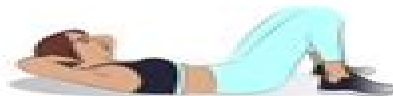
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DAY 3 20 Flutter Kicks
45 sec Plank

DAY 4 25 Flutter Kicks
25 Crunches

DAY 5 35 Squats
30 Crunches



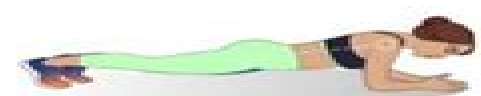
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DAY 3 25 Sit Ups
60 sec Plank

DAY 4 20 Squats
25 Crunches

DAYS 35 Sit Ups
60 sec Plank



Great Shape The First Fitness Guide For Large Women

Thomas Griffiths



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