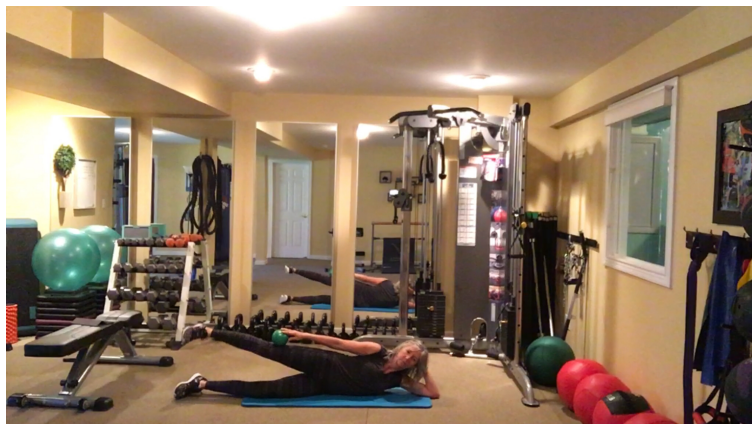




Side lunge to knee lift



Side leg lifts