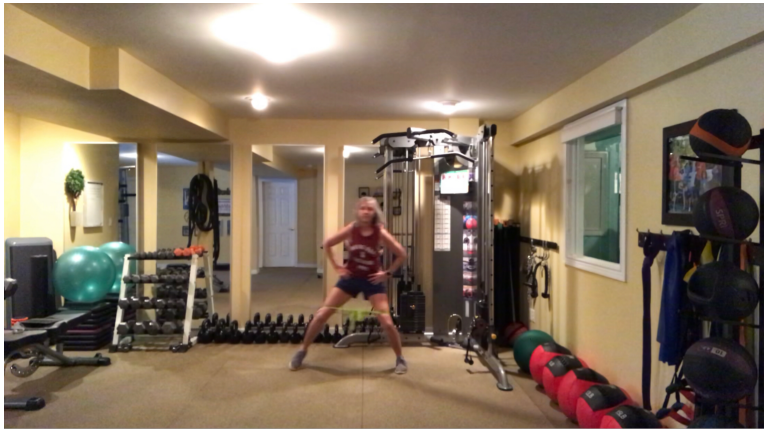


# High Rep Lower Body



Squats



Side steps



Bridges