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Lower Into A Squat, Tighten Your Core, And Then Explode Into The Air, Jumping High, While Raising Both Hands Overhead (b). As You Land Softly Back Down Into A Squat, Forcefully Slam The Ropes Onto The Ground In A Wave Motion (c). Repeat 30 Seconds, Then Rest For 30 Seconds. Do 3-4 Sets. RELA Jun 2th, 2024

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