



<p>01. lat stretch</p> <p>start </p> <p>finish </p>	
<p>02. gymball crunch</p> <p>start </p> <p>finish </p>	<p>03. back extension</p> <p>start </p> <p>finish </p>
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<p>05. gymball push up</p> <p>start </p> <p>finish </p>	<p>06. alternate arm seated row</p> <p>start </p> <p>finish </p>
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