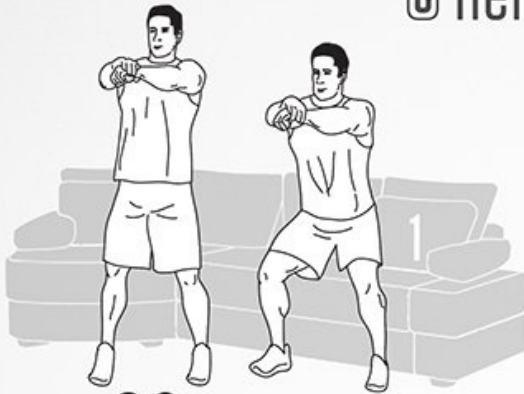


cnt...

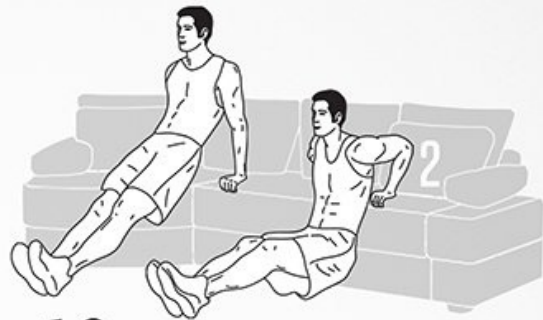
Sofa Workout

Repeat 3 times | up to 2min rest between sets

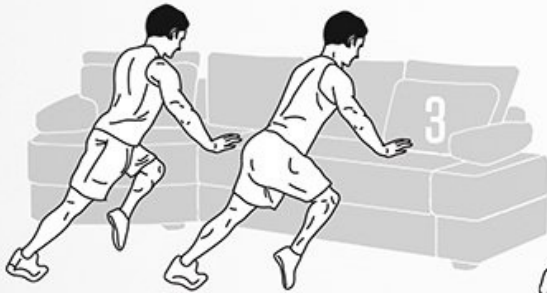
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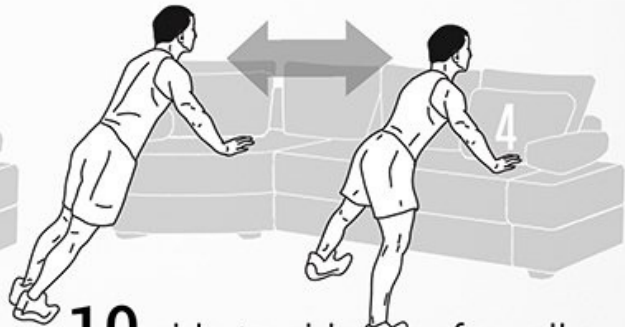
20 half squats



10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises



10 raised leg circles