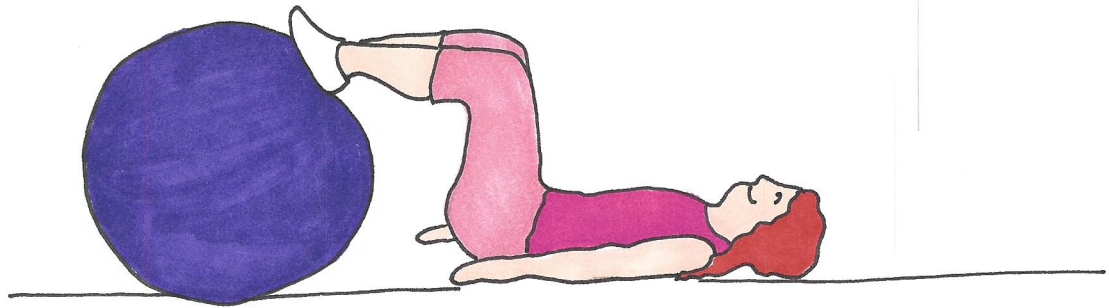
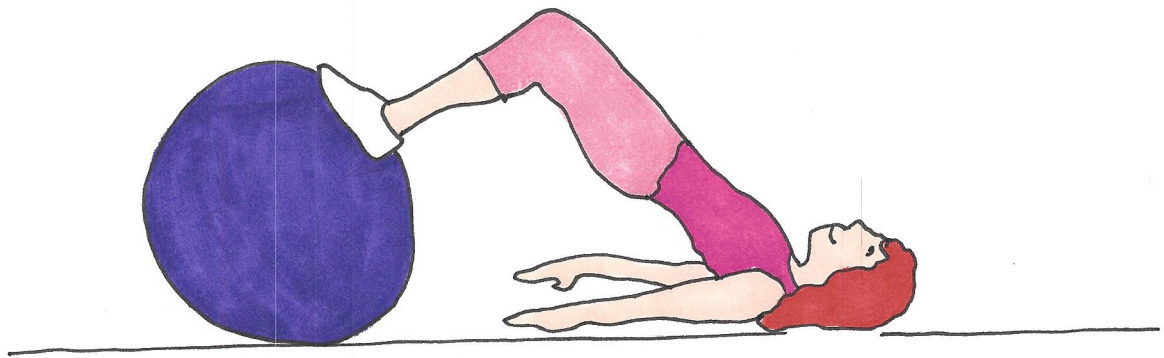


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Lay down on your back with feet supported on a ball.



Lift your hips up off the floor squeezing your bottom.